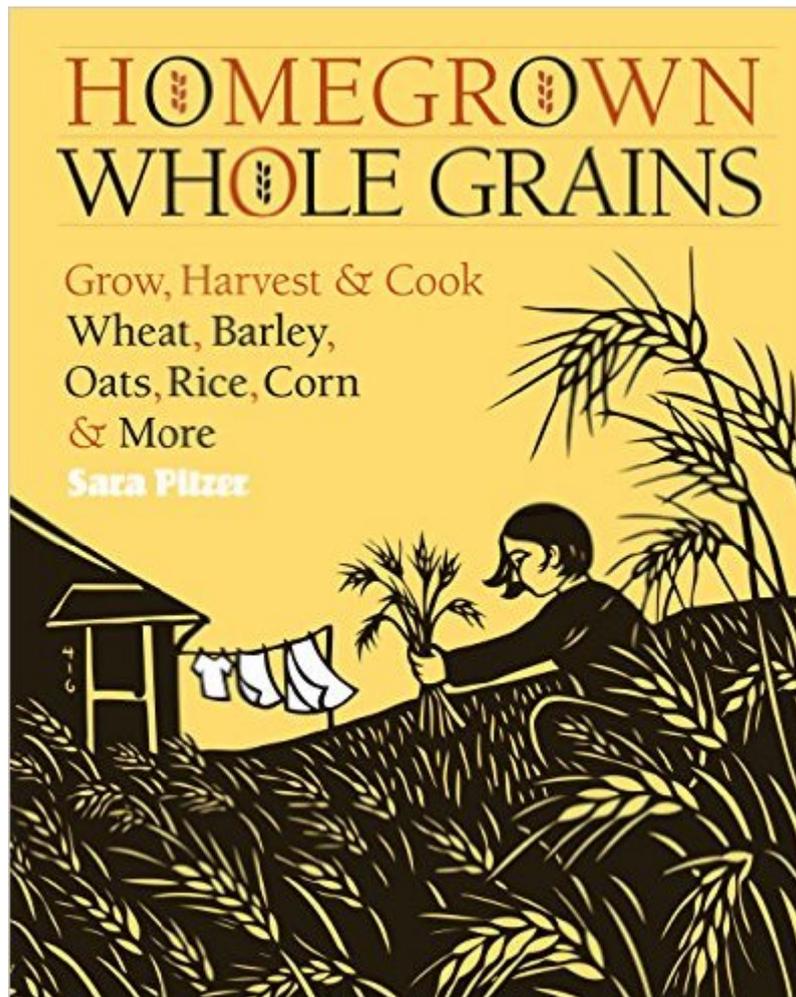


The book was found

Homegrown Whole Grains: Grow, Harvest, And Cook Wheat, Barley, Oats, Rice, Corn And More



Synopsis

Learn to grow, harvest, store, grind, and cook nine popular whole grains. Sara Pitzer provides complete instructions for growing your own wheat, corn, barley, millet, oats, rice, rye, spelt, and quinoa, as well as recipes for using these grains in tasty dishes. Cultivating these crops is surprisingly easy, and it takes less space than you might imagine – with just 1,000 square feet of growing space in your backyard, you can grow enough wheat to supply ingredients for 50 loaves of delicious fresh bread.

Book Information

Paperback: 168 pages

Publisher: Storey Publishing, LLC; Original edition (August 5, 2009)

Language: English

ISBN-10: 160342153X

ISBN-13: 978-1603421539

Product Dimensions: 7 x 0.4 x 9.1 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars – See all reviews (67 customer reviews)

Best Sellers Rank: #102,615 in Books (See Top 100 in Books) #23 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #161 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Technique #208 in Books > Crafts, Hobbies & Home > Sustainable Living

Customer Reviews

Sara Pitzer makes the growing of grain comprehensible and easy for those who have never tried it. There is good information on types of grain, the forms it is sold in, and detailed instructions for culture, including spacing of seed and rows (this is hard to find info). Most info on the web is aimed at farmers with tractors and seeders, and for cultivating acre sized plots. This book will be helpful to those with smaller plots. There are many recipes in the book, something I could have done without, but others may find useful. There is also excellent info on how to purchase the correct grain mill to grind fresh flour. I would say this book is well worth the purchase price and fun to read.

This book is exactly what I wanted: a quick guide to growing grains at home. She is an excellent writer and I like how she is realistic about the effort and difficulty required to process some of the crops. You can tell that she has done all of this many times and has observed other people doing it,

and she knows where the problems will arise, especially in the discouragement department. The list of seed sources in the back is very useful. When I got this book I opened it up and read it through and had trouble putting it down. Thanks, Ms. Pitzer.

I think this is the best book available on this topic and it is really written for backyarders. There are even figures on possible yields given. There is a lot of variety of grains covered. It is really a hands-on book. What I don't like are the recipes, because they often refer to more refined grain products instead of the stuff you harvest yourself. And the metric conversion is missing, this is especially disturbing with the growing temperatures.

Lots of info, very informative. After reading this book I feel ready to go out and prepare the field and plant. This book clearly lays out the positives and negatives of growing each grain and makes suggestions on where to buy the best seed, how to prepare soil, how to maintain until harvest, how to harvest, and how to prepare for storage. Even gives recipes to help you use your grain. And the illustrations of the plants and grains up close are very helpful.

I bought this book due to a recommendation of a friend. I already have bought or borrowed other grain growing books and found this one to lack detailed information. It will get you started but I feel it lacks practical info I have read in other books. If your looking for a more detailed book, read Gene Logsdon's, Small Scale Grain Raising.

This excellent, easy-to-read and reference book goes over the steps to yard preparation for planting, selecting sites for growing, discusses the steps from planting to harvesting and even cooking with a variety of grains. I have a home in a suburb and wanted to research grain growing in my back yard. This book is a wonderful source. Not only do I have a more realistic idea of what to grow and how much, I also have some wonderful recipes for the grains that I can still get from farmer's markets. The resources section alone would be worth getting this book. For the home farmer or anyone wanting to expand their grain consumption beyond just white flour and rice, this is the book.

I grabbed this book to learn more about the process of growing rice, but I learned more than I intended. This book has lot's of great information on the different types of grains and their variations as well as how to grow. The section on rice not only outlined the best practices for growing for

crops, but also offered up tips for growing it in unfriendly environments just for teaching children or as a fun project. This book is highly recommended!

I hate reviewers making the primal subject their own opinion rather than focusing on the actual item. So, without giving too much away, I wholeheartedly recommend this book for those who have their doubts about the future of food supplies in our wonderful world. It offers simple, concise ideas for selecting, growing and harvesting said crops. I was transfixed by this book as I went cover to cover and am about to plant my first Barley crop...see what happens...RL

[Download to continue reading...](#)

Homegrown Whole Grains: Grow, Harvest, and Cook Wheat, Barley, Oats, Rice, Corn and More
Ancient Grains for Modern Meals: Mediterranean Whole Grain Recipes for Barley, Farro, Kamut, Polenta, Wheat Berries & More
Rice Rice Baby - The Second Coming Of Riced - 50 Rice Cooker Recipes (Rice Rice Baby, Rice Cooker Recipes)
Grain Bowls: Bulgur Wheat, Quinoa, Barley, Rice, Spelt and More
Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1)
Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook)
Rice Cooker Recipes - A Low Carb Cookbook - Low Sugar & 100% Refined Sugar Free - Gluten Free & Diabetic Friendly (Rice Rice Baby - Rice Cooker Cookbook) (Volume 2)
30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss
Aroma Rice Cooker Cookbook: 50 Top Rated Aroma Rice Cooker Recipes-Tasty Meals With The Perfect Blend Of Grains And Veggies
366 Delicious Ways to Cook Rice, Beans, and Grains
300 Best Rice Cooker Recipes: Also Including Legumes and Whole Grains
Everyday Whole Grains: 175 New Recipes from Amaranth to Wild Rice, Includes Every Ancient Grain (Cooking Light)
Whole Grains for a New Generation: Light Dishes, Hearty Meals, Sweet Treats, and Sundry Snacks for the Everyday Cook
King Arthur Flour Whole Grain Baking: Delicious Recipes Using Nutritious Whole Grains (King Arthur Flour Cookbooks)
Allergy Cooking with Ease: The No Wheat, Milk, Eggs, Corn, and Soy Cookbook
Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker)
Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make!
Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook)
Rice Cooker Zojirushi Guide: The Best Recipes For Your Rice Cooker: Make The Best

Tasting Rice Cooker Recipes Quick And Easy Rice Cooker Recipes - Asian Cooking - Quick & Easy Stir Fry - Low Sugar - Low Sodium: Bonus: Trader Joe's Ingredients Asian Style Recipes (Rice Rice ... - Healthy Eating On a Budget) Rice Cooker Recipes: 50+ Rice Cooker Recipes - Quick & Easy for a Healthy Way of Life (Slow cooker recipes - rice cooker - recipes)

[Dmca](#)