



Harvest of the Month

Buckwheat

Nutrition Information

- It is a good source of important minerals such as magnesium, manganese, and copper.
- A naturally gluten-free grain, it's ideal for those with gluten sensitivities or celiac disease.

Selection and Storage

- Look for seeds that are firm, clean, and free of cracks or discoloration. They should all look similar in size and color.
- Keep buckwheat in a cool, dry place in a container with a tight lid to keep it fresh and protect it from moisture or pests. If it's very humid, store it in the fridge to make it last longer.
- Before grinding or cooking buckwheat seeds, check for freshness, as improper storage can affect their taste.

Fun Facts

- Even though it's called buckwheat, it's not related to wheat! It's actually a seed from the same family as rhubarb and sorrel.
- Buckwheat is super hardy and grows well in poor soil and colder climates. Its flowers are great for bees and help produce delicious honey.
- People have been growing buckwheat for thousands of years! It started in China over 4,000 years ago and made its way to Europe and beyond.
- You'll find buckwheat in all kinds of foods—Japanese soba noodles, Russian kasha (toasted groats), French crepes, and even pancakes!
- Washington is the 2nd largest buckwheat producing state in the U.S.

Recipes*

- [Soba Noodle Bowl-SNA](#)
- [Soba Noodle Soup-Vermont Feed](#)
- [Crepes a la Weybridge-Vermont Feed](#)
- [Whole Wheat Pancakes](#) – ICN Recipe Box (use buckwheat flour)

While there aren't many credible recipes available that incorporate buckwheat, it is commonly used in pancakes, soba noodles, crepes, kasha (toasted groats) and more. You can craft or modify your own buckwheat recipe; just ensure its credibility by utilizing the USDA Recipe Analysis Workbook (RAW).

*As a reminder, the sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.



Educational Resources

- [Whole Grain Basics, Cooking Whole Grains-Food Hero](#)
- [10 activities You Can Do With Whole Grains-Vermont Harvest Of The Month](#)
- [Whole Grain Labeling Sheet/Whole Grain Product Activity-Green Mountain Farm-to-School](#)
- [Whole Grain Choo Choo Train-Montana Harvest of the Month](#)
- [Grade 1 Whole Grains Teaching Outline-USDA SNAP ED](#)
- [Word Search Worksheet-USDA SNAP ED](#)
- [Whole Grains Parent Newsletter \(English\), \(Spanish\)](#) – WSU Extension
- [Choosing Whole Grain Foods-MyPlate](#) (English, Vietnamese)

Sourcing

- Use the [Washington Food and Farm Finder](#) to find Buckwheat and other seasonal foods from local producers. Check out the [WSDA Finding Farms webpage](#) for other resources.
- Can't find Buckwheat in your area to feature? Substitute barley, oats, brown rice, quinoa or farro for buckwheat which are also available in February.
- Contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for support finding Harvest of the Month foods.

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).