

GRAINGROWERS WHOLE GRAIN WEEK

15 – 21 June 2020



You are invited to
#MakeltGrain
Whole Grain Week 15-21 June
is a chance to use some of the
delicious, nutritious grains that
Aussie growers produce.

All grains start as whole grains. In the paddock, a whole grain is the entire seed of the plant. The seed (the kernel) is made of three edible parts – the bran, the germ and the endosperm.

A whole grain contains all these elements which is what makes it different to a refined grain that keeps only the endosperm (refined grains are processed for things like white flour).

Whole grains include grains like oats, barley, quinoa and sorghum.

This **Whole Grain Week**, we'd love to see some of the delicious things you can produce using Aussie grains. Tag us in **@GrainGrowers #MakeltGrain**



Meet Ashley

Ashley runs a farm in Narrogin, Western Australia. Ashley swapped a career as an accountant in order to take over the family farm. On the farm, Ashley grows wheat, oats and quinoa.

Ashley was one of the first growers in Australia to plant quinoa and has opened a processing plant that delivers shelf-ready quinoa to retailers under the Three Farmers brand.

Ashley's favourite whole grain, despite his passion for quinoa is the trusty oat, especially when it's part of his breakfast porridge.

GrainGrowers is proud of the clean and green grains that growers like Ashley produce.

Ashley's recipe suggestion:

QUINOA CHOCOLATE BROWNIES BY JESS LAYMAN, CAFÉ OWNER OF JUST JESSE'S

3/4 cup Quinoa
1/3 Cup Milk
4 Eggs
1 tsp Pure Vanilla Extract
3/4 Cup Butter, Melted
1 Cup Caster Sugar
3/4 Cup Cocoa Powder
1 + 1/2 Baking Powder
1/2 tsp Baking Soda
1/2 tsp Salt

Directions: Prepare the quinoa: Cook 3/4 cup Quinoa according to packet directions. Prepare the ingredients: In a blender, blend the eggs, milk and vanilla.

Add the quinoa and blend until smooth. With motor running, add the butter. Transfer quinoa mixture to a bowl and stir in caster sugar, cocoa powder, baking powder, baking soda and salt. Pour into a greased baking tin and bake 35-40 minutes at 180° C, or until a skewer comes out clean.

Final assembly: Allow to cool before cutting and serving



Meet Luke and Prue

On their family farm in Victoria Luke and Prue grow wheat, barley, oats and canola. They have a “mixed enterprise” farm which means as well as grains, they also have sheep.

Luke loves technology and uses yield mapping and electromagnetic soil testing to work out what crops should be grown across his farm. Many people are unaware of the science and technology Australian growers use to produce safe and nutritious grains.

Luke’s favourite whole grains are oats and he likes using them for biscuits. Luke also thinks malt barley used in liquid form is pretty good!

Shout out to Luke and Prue for sharing their whole grain stories!

LUKE’S OAT AND RAISIN BISCUITS

185g butter, softened
3/4 cup (190g) white sugar
3/4 cup (110g) packed light brown sugar
2 eggs
1 teaspoon vanilla essence
1 1/4 cups (155g) plain flour
1 teaspoon bicarb soda
3/4 teaspoon ground cinnamon
1/2 teaspoon salt
2 3/4 cups (400g) rolled oats
1 cup raisins

Directions: Preheat oven to 190 degrees C.

In large bowl cream together butter, white sugar and brown sugar until smooth. Beat in the eggs and vanilla until fluffy. Stir together flour, bicarb soda, cinnamon and salt. Gradually beat into butter mixture. Stir in oats and raisins. Drop by teaspoonfuls onto ungreased baking trays.

Bake 8 to 10 minutes in the preheated oven or until golden brown. Cool slightly, remove from sheet to wire rack. Cool completely.

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