

Buckwheat



Buckwheat is a versatile super-food satisfying numerous consumer dietary needs and wants.

Although many people think it is a type of wheat, buckwheat is actually a pseudo grain that is related to rhubarb. Buckwheat seeds are triangular and have a dark hull that may be removed before milling the groat inside. Buckwheat has a low glycemic index, is a good source of fiber, riboflavin and niacin, has bold flavor and an ancient history of human consumption.

Did you know, Buckwheat is often used a rotational cover crop? It provides farmers a critical tool to reduce erosion, improve the nutritional makeup of their soil, smother weeds, and attract beneficial insects to their farms).¹



- ◆ Flour (Dark and Light)
- ◆ Whole Seeds
- ◆ Multigrain Blend (Customizable)

Applications

- Pancakes
- Waffles
- Soba Noodles
- Cookies
- Crackers
- Pastry Crusts
- Pet Foods
- Plant-based Burgers

Pack Sizes Available

25 lb.- and 50 lb.-bags and totes

Gluten-free, Kosher, USDA Organic, and 100% Plant-Based certified options available.



For sales inquiries or to request a sample, contact us at 888-680-0013 or visit [ardentmills.com](https://www.ardentmills.com)

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**Take the lead
in a rapidly
growing market.**

Between 2015 and 2019, new product launches featuring buckwheat as an ingredient had an average CAGR of 17%.²

1. Whole Grains Council

2. Nielsen Data, Technomic Data, Value Gene Analysis.