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› Food to Live Organic Hard Red Wheat Berries - Instruction Manual

Food to Live 1 Pound (Pack of 1)

Food to Live Organic Hard Red Wheat Berries - Instruction Manual

Model: 1 Pound (Pack of 1)

INTRODUCTION

This manual provides essential information for the proper use, storage, and preparation of Food to Live Organic Hard Red Wheat Berries. These high-quality wheat berries are non-GMO, Kosher, Raw, Sproutable, Vegan, and free from sodium and sugar, making them a versatile ingredient for various culinary applications, including cooking and sprouting.



Image: Front view of the Food to Live Organic Hard Red Wheat Berries 1 Pound bag, showing the product name, organic certification, and a clear window displaying the wheat berries.

PREPARATION AND SETUP

Food to Live Organic Hard Red Wheat Berries can be prepared for cooking or sprouting. Follow the instructions below for optimal results.

For Cooking Wheat Berries:

1. **Rinsing:** Before cooking, rinse the desired amount of wheat berries thoroughly under cold running water. This removes any dust or debris.
2. **Soaking (Optional but Recommended):** For faster cooking and improved digestibility, soak wheat berries in water for 4-8 hours or overnight. Drain and rinse before cooking.
3. **Cooking Ratio:** Use a ratio of 1 part wheat berries to 3 parts water or broth.
4. **Cooking Process:** Bring the water/broth to a boil. Add the rinsed wheat berries. Reduce heat to low, cover, and simmer for 45-60 minutes, or until tender. If not pre-soaked, cooking time may extend to 90 minutes or more.
5. **Resting:** Once cooked, remove from heat and let stand, covered, for 5-10 minutes. Fluff with a fork before serving.



Image: A wooden bowl filled with cooked wheat berries, accompanied by a wooden spoon, illustrating the prepared product.

For Sprouting Wheat Berries (Wheatgrass):

1. **Soaking:** Place wheat berries in a clean jar or bowl. Cover with cool water (about 3 times the volume of berries). Soak for 8-12 hours.
2. **Rinsing and Draining:** After soaking, drain the water completely. Rinse the berries thoroughly with fresh water and drain again.
3. **Sprouting:** Place the rinsed and drained berries in a sprouting tray or a jar covered with a mesh screen, allowing for air circulation. Keep in a cool, dark place.
4. **Daily Care:** Rinse and drain the berries 2-3 times a day to keep them moist and prevent mold.

5. **Harvest:** Sprouts are typically ready in 2-4 days when they reach about 1/4 to 1/2 inch in length. For wheatgrass, continue rinsing daily and allow the grass to grow to desired height (usually 6-8 inches) in a tray with soil.



Image: A close-up view of wheat berries that have begun to sprout, showing small green shoots emerging from the grains, indicating successful germination.



Image: A clear plastic container filled with vibrant green wheatgrass, demonstrating the mature sprouted product.

USAGE AND RECIPES

Cooked wheat berries offer a chewy texture and nutty flavor, making them an excellent addition to various dishes. Sprouted wheat berries and wheatgrass provide concentrated nutrients.

Suggested Uses:

- Add cooked wheat berries to salads, soups, stews, or grain bowls.
- Incorporate into baked goods like bread or muffins for added texture and nutrition.
- Use as a base for a hearty breakfast porridge.
- Blend sprouted wheat berries into smoothies.
- Juice wheatgrass for a nutritious drink.

Recipe Example: Wheat Berry Salad

This video demonstrates how to prepare a delicious Wheat Berry Salad using Food to Live Organic Hard Red Wheat Berries.

Your browser does not support the video tag.

Video: A step-by-step guide to preparing a Wheat Berry Salad, including cooking the wheat berries and combining them with other ingredients like feta cheese, greens, dried cherries, mixed seeds, and Dijon vinaigrette.



Image: A dark bowl filled with a vibrant wheat berry salad, featuring cooked wheat berries, mixed greens, feta cheese, and dried fruits, ready for consumption.

STORAGE AND MAINTENANCE

Proper storage ensures the longevity and quality of your wheat berries.

- **Storage Conditions:** Store Food to Live Organic Hard Red Wheat Berries in a cool, dry place.
- **Container:** Keep the product in its original resealable packaging or transfer to an airtight container to protect from moisture and pests.
- **Shelf Life:** When stored correctly, the wheat berries can maintain their quality for up to 4 years.

- **Cooked Berries:** Cooked wheat berries can be stored in an airtight container in the refrigerator for up to 3-5 days or frozen for up to 3 months.

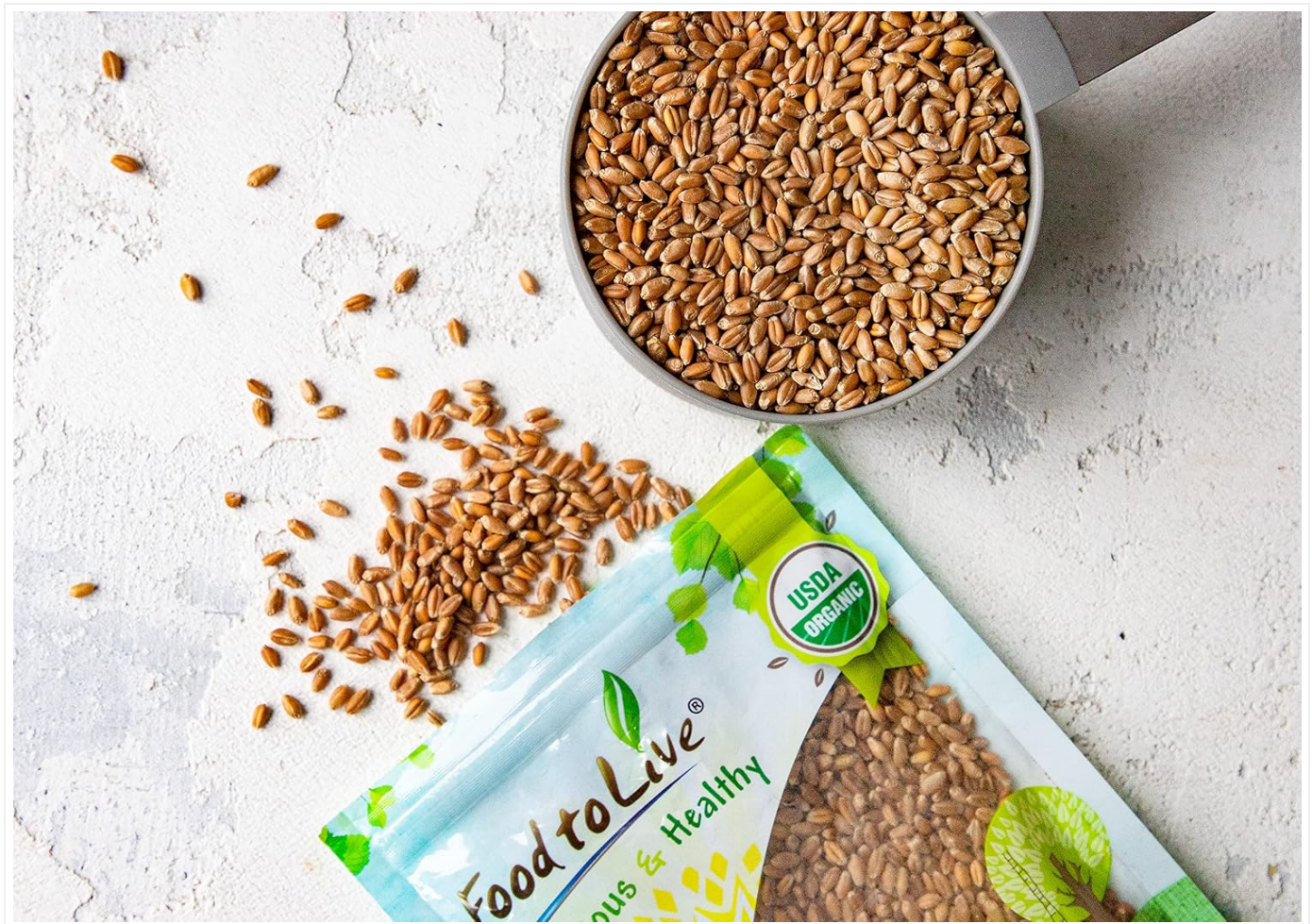


Image: The Food to Live wheat berries bag positioned next to a measuring cup filled with the product, illustrating typical kitchen storage and usage.

TROUBLESHOOTING

While wheat berries are generally easy to use, here are some common issues and solutions:

- **Hard Wheat Berries After Cooking:** If berries are still hard, they may need more cooking time or water. Ensure they were adequately soaked if you chose that method. Simmer longer until desired tenderness is achieved.
- **Sprouting Issues (No Sprouts/Mold):**
 - Ensure proper drainage and air circulation. Standing water can lead to mold.
 - Rinse 2-3 times daily to keep moist but not waterlogged.
 - Use fresh, viable seeds. While these are sproutable, older batches might have reduced germination rates.
 - Avoid direct sunlight during sprouting; a cool, dark place is ideal.
- **Pest Infestation:** If pests are found, discard the affected product. Always store in airtight containers to prevent future infestations.

SPECIFICATIONS

Detailed information about Food to Live Organic Hard Red Wheat Berries.

Nutritional Information (per 1 oz / 28g serving)

Nutrient	Amount	% Daily Value*
Calories	93	
Total Fat	1g	1%
Saturated Fat	0.1g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	19g	7%
Dietary Fiber	3g	12%
Total Sugars	0.1g	
Includes 0g Added Sugars	0g	0%
Protein	4g	
Vitamin D	0mcg	0%
Calcium	7mg	1%
Iron	1mg	6%
Potassium	96mg	2%
Manganese	1.1mg	50%
Magnesium	35mg	8%
Phosphorus	94mg	8%
Copper	0.1mg	13%
Thiamin	0.1mg	12%
Niacin	1.6mg	10%
Vitamin B6	0.1mg	6%
Pantothenic Acid	0.3mg	5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ORGANIC WHEAT BERRIES

Net WT: **1 lb** (454 g)

INGREDIENTS: Organic Wheat Berries

WARNING: Contains Wheat
Store in a Cool, Dry Place

— Organic wheat berries are grown in ecologically clean regions without the use of herbicides, pesticides, chemical fertilizers, or artificial growth stimulants. By consuming organic wheat berries, you get a large number of necessary vitamins and minerals.

— This organic product can provide the greatest health benefits. It can be used as one of many ingredients for salads and green smoothies. By eating organic wheat berries, you improve your metabolism and enhance your immune system. Your body becomes more resistant to colds and infections. Organic wheat berries are a great source of important elements such as calcium, potassium, chromium, copper, zinc, iron, and iodine.

Product of: USA

Packaged in the USA

Lexunder Inc d.b.a. Food To Live
2769 W 15th St, Brooklyn
NY 11224, USA

Certified Kosher by Orthodox Union
Certified Organic by: A Bee Organic

Nutrition Facts

16 servings per container

Serving size 1 oz (28 g)

Amount Per Serving

Calories **93**

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0.1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total carbohydrate 19g	7%
Dietary fiber 3g	12%
Total sugars 0.1g	
Includes 0g Added Sugars	0%
Protein 4g	9%
Vitamin D 0mcg	0%
Calcium 7mg	1%
Iron 1mg	6%
Potassium 96mg	2%
Manganese 1mg	50%
Selenium 20mg	36%
Copper 0.1mg	13%
Thiamin 0.1mg	12%
Niacin 2mg	10%
Phosphorus 94mg	8%
Magnesium 35mg	8%
Zinc 1mg	7%
Vitamin B6 0.1mg	6%
Pantothenic Acid 0.3mg	5%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

EXP DATE:



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Image: Rear view of the Food to Live Organic Hard Red Wheat Berries bag, displaying detailed nutrition facts and product information.

Product Attributes:

- **Ingredients:** ORGANIC WHEAT BERRIES
- **Certifications:** USDA Organic, Kosher
- **Dietary Types:** Vegan, Vegetarian, Raw, Sproutable
- **Allergen Warning:** Contains Wheat. Packaged in a facility that also processes Tree Nuts and Wheat.
- **Manufacturer:** Food to Live
- **ASIN:** B01GM82632
- **GTIN/UPC:** 637390644455
- **Net Weight:** 1 Pound (approx. 454g)

WARRANTY AND SUPPORT

Food to Live is committed to providing high-quality products. For any questions, concerns, or support regarding your Organic Hard Red Wheat Berries, please contact Food to Live directly.

- **Manufacturer:** Food to Live
- **Website:** [Visit the Food to Live Store on Amazon](#)
- **General Inquiries:** Refer to the product packaging for specific contact details or visit the official Food to Live website.

Please retain your purchase receipt for any inquiries.

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This manual is for informational purposes only. Always consult with a healthcare professional before making any dietary changes.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question