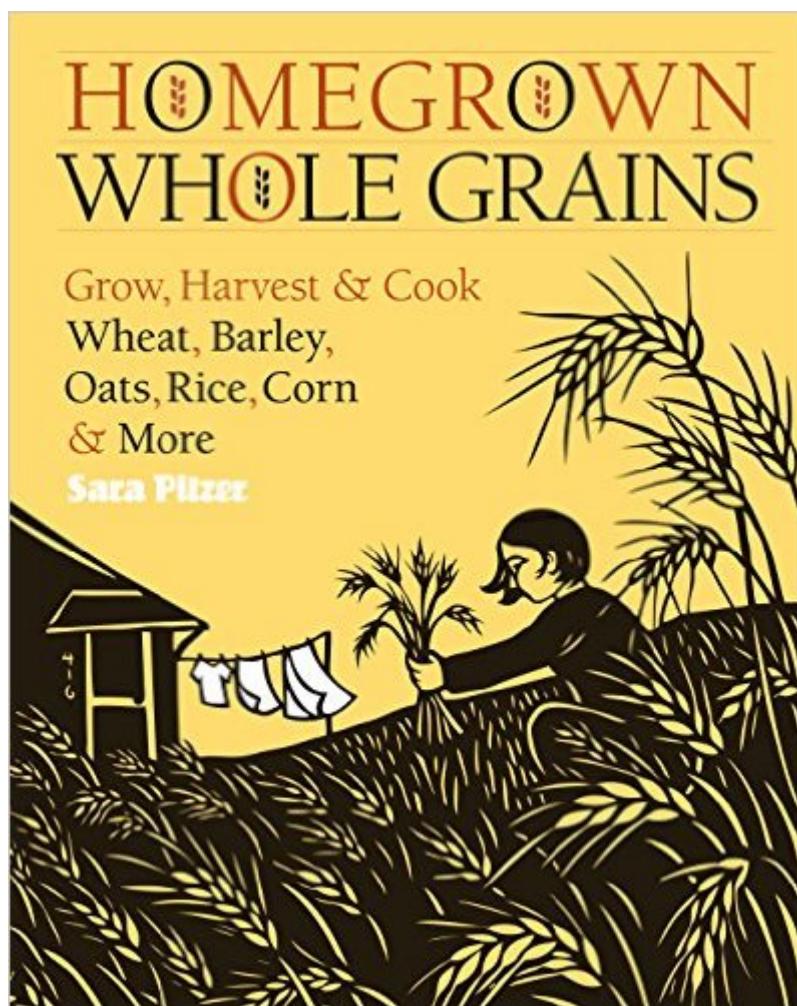


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# Homegrown Whole Grains: Grow, Harvest, And Cook Wheat, Barley, Oats, Rice, Corn And More



## 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

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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

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