

Rye (Grains and Seeds)

Interesting facts: Rye is a type of grass, usually grown as a grain or forage crop (meaning that it is fed to animals). It is a member of the wheat family of plants and is similar to wheat and barley. It is used to make flour, food for animals, and to make whiskey – both multigrain blends like bourbon and pure rye whiskey. Rye is lower in gluten than wheat. Russia is the top producer of rye in the world .

How to prepare and cook: Before cooking grains, soak them in pure water overnight then rinse them thoroughly. To cook the grain, combine it with water in a heavy steel pot. Do not use aluminum cookware. You may add a pinch of salt, ghee, oil or spices. Bring the grain to a boil, cover the pot, reduce heat, and simmer without stirring until the water is absorbed. Remove from heat and allow the grain to stand, still covered, for ten minutes before serving.

Use 1 cup of grain and 3 to 4 cups of water or broth. Cook for 1 hour. Yields 3 cups.

Gluten - We strongly recommend eliminating gluten grains from your diet. Studies now show that gluten is harmful to nearly everyone. Gluten causes intestinal inflammation in at least 80% of the population and is strongly associated with multiple brain disorders. And, it is highly addictive to many people. Gluten sensitivity is increasing dramatically worldwide.