

National Barley
Foods Council

Phone: (509) 456-2481

www.barleyfoods.org

BAKING WITH BARLEY WORKSHOP: PASS IT ON!

A one-day workshop titled *The National Barley Foods Forum – A Healthy Solution for Commercial Baking Applications* is scheduled for April 14, 2011 at the Wheat Marketing Center (WMC) in Portland, OR. We are collaborating with the WMC for the event which is



designed to show commercial and artisan bakers as well as R&D and marketing personnel how to improve the nutrition and health benefits of typical wheat-based products such as pan breads, bagels, tortillas, noodles and cookies with the addition of barley flour. Because of the practical, hands-on nature of this workshop, participation is limited to a maximum of 30 participants so early registration is encouraged. We've included a copy of the registration form along with this report and invite you to pass it along to colleagues who may be interested in attending. For more information, contact Mary Palmer Sullivan at (509) 456-2481 or at mary@wagrains.com

▶ **Calling all barley ingredient suppliers**

We are in the process of compiling a comprehensive list of commercial barley ingredient suppliers. If you currently sell barley flour, flakes or other products as a commercial ingredient, we need to hear from you. Here's the information we are seeking:

Barley Flour

- > Is your flour milled from pearled barley, whole grain barley or both?
- > Do you supply conventional and/or organic barley flour?
- > Do you have minimum order requirements?
- > Are your products available nationwide or on a regional basis?
- > Do you sell your barley products directly or through a broker/distributor?

Other Products

- > **Do you sell other barley products such as:**
 - Flakes (regular or quick)
 - Grits
 - Berries or kernels (pearled or whole grain)

Please email your information along with contact information (name, phone number and email address) to Mary Palmer Sullivan at mary@wagrains.com or call her at (509) 456-2481.

▶ **New fact sheet available**

A new fact sheet titled Barley and Diabetes is available online at www.barleyfoods.org (under the Resources section). This new sheet is designed to show health and nutrition professionals as well as consumers how including barley as part of a healthy diet can help manage or even reverse Type 2 diabetes and pre-diabetes.

▶ **How can you help?**

The National Barley Foods Council is currently the only not-for-profit group committed to promoting barley food and nutrition issues on a national basis. We are funded completely through voluntary donations and would like to invite our private industry friends to join us as an Industry Partner. For a contribution of \$2,500, your company logo with link to your website will be featured on barleyfoods.org for a one-year period. We will also spotlight products of your choice that include barley as a primary ingredient on the site.

In these challenging economic times, we continue to hold steadfast to our long-term goal of keeping the good news about barley as a nutritious and viable food source in the public arena. While we have had to cut back on some program activities, we remain committed to maintaining our website as the workhorse of our on-going educational efforts. Your \$2,500 contribution will go a long way in helping us sustain a robust and credible online destination for barley food news and information.

Call Mary Palmer Sullivan at (509) 456-2481 for more information.