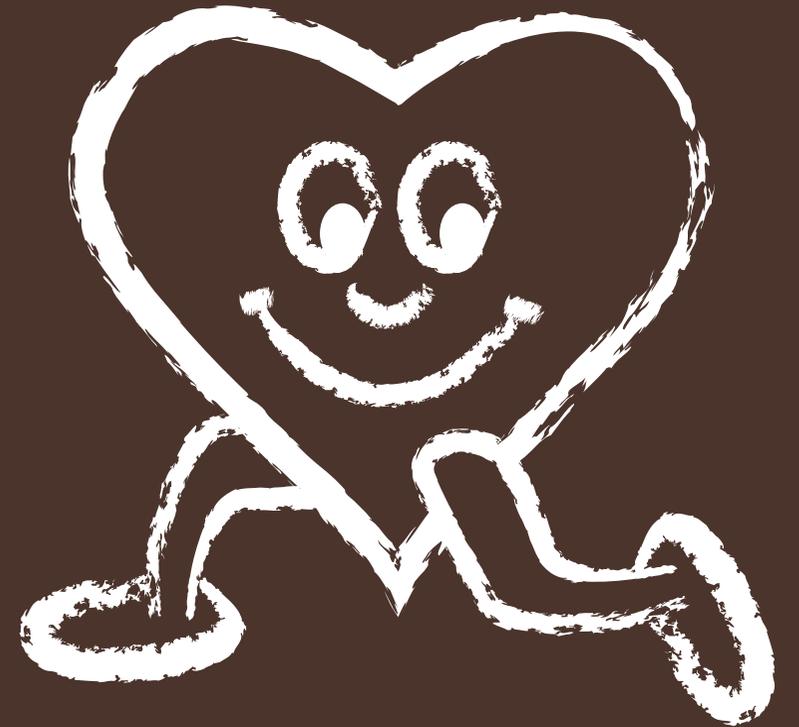




Grains

More than 50 Washington farmers grow certified organic grains, including wheat, barley, rye, oats, spelt, corn and buckwheat.

Whole grains are packed with fiber. Fiber keeps things moving in your body and keeps your heart happy.



Quinoa (keen-wa) is a whole grain that dates back to ancient Incan civilizations. It was so important that it was called the "gold of the Incas."

