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HOMEGROWN WHOLE GRAINS: GROW, HARVEST, AND COOK YOUR OWN WHEAT, BARLEY, OATS, RICE, AND MORE



Storey Publishing LLC. Paperback. Book Condition: new. BRAND NEW, Homegrown Whole Grains: Grow, Harvest, and Cook Your Own Wheat, Barley, Oats, Rice, and More, Sara Pitzer, In addition to providing information on wheat and corn, "Homegrown Whole Grains" includes complete growing, harvesting, and threshing instructions for barley, millet, oats, rice, rye, spelt, and quinoa, and lighter coverage of several specialty grains. Readers will also find helpful tips on processing whole grains, from what to look for in a home mill...

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