

# #WholeGrainsMonth

## SOCIAL MEDIA IDEAS

Inspire your followers to embrace the global flavors of whole grains.

Be sure to tag **#WholeGrainsMonth** and **@OldwaysPT** so we can share posts!

### Global Whole Grain Facts

- In much of Africa, whole grain millet is eaten as a porridge instead of oats. Inspired? Try Banana Millet Breakfast Porridge! <https://bit.ly/2K8SpML> #WholeGrainsMonth
- Soba noodles, galettes and crepes, blinis...whole grain buckwheat is beloved worldwide! Have you tried this hearty, nutty grain? #WholeGrainsMonth
- We're psyched about #sorghum! It's one of the world's most important cereal crops because of its natural drought tolerance and versatility as food and fuel. #WholeGrainsMonth
- Corn provides about 21 percent of human nutrition across the globe! A Native American name for it, "mahisi," means "that which sustains us." #WholeGrainsMonth
- Whole grain amaranth was a major food crop of the Aztecs. Today it's often sold as a street food, popped like popcorn, in Latin America #WholeGrainsMonth
- Rice can be traced to South Asia and Africa originally, but today it is grown on every continent except Antarctica. More than 1 billion people throughout the world are actively involved in growing rice! #WholeGrainsMonth
- Barley's not just for soup! In ancient Egypt, it was used in religious ceremonies and pictured on many early Egyptian coins #WholeGrainsMonth
- Since quinoa is drought resistant and grows well in poor soil, it's been designated a "super crop" by the United Nations for its potential to feed the world's hungry #WholeGrainsMonth
- Oats grow best in cooler climates with plenty of rainfall—this explains why they're so popular in Scotland and Ireland! #WholeGrainsMonth



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### Whole Grain Cooking Tips and Recipes

- Sorghum's neutral, sometimes sweet flavor and light color make it a great substitute for wheat flour in baked goods. Or try it in place of couscous or rice at dinner! **#WholeGrainsMonth**
- Don't stir your rice—unless you like it sticky! Stirring releases extra starch, which is the reason for all that stirring when making risotto! **#WholeGrainsMonth**
- Thousands of years ago, millet was the staple grain of Asia. While sushi usually uses rice, the sticky quality of whole grain millet makes it a perfect substitute. Try it! <https://bit.ly/2YmPORd> **#WholeGrainsMonth**
- Teff is an ancient grain from Ethiopia. Try giving these tiny, cocoa-scented grains a Southern twist in this recipe for Maple Sweet Potato Teff Porridge with Pecans: <https://bit.ly/2OjDrZK> **#WholeGrainsMonth**
- The whole grain amaranth has a peppery bite, which is perfectly complemented by the heat from poblano peppers in this Latin American-inspired recipe: <https://bit.ly/2Yo9yas> **#WholeGrainsMonth**
- You've had rye in pumpernickel bread, but have you had rye berries? Try them in this Nordic Rye Berry and Salmon Salad: <https://bit.ly/32V1mSy> **#WholeGrainsMonth**
- Kabocha Squash Red Curry is a hearty vegetarian meal: <https://bit.ly/2GrH89m> **#WholeGrainsMonth**

