

Pima Club and White Sonora Wheat Berries



The Pima people were the first farmers to grow wheat in the western hemisphere and they are still growing it today! S-moik Pilkañ (White Sonoran Wheat Berries) were brought to the Pima people from Spain over 300 years ago. 'Olas Pilkañ (Pima Club Wheat Berries) are an heirloom wheat of the Akimel O'Odham people.

Stove Top Preparation

- Rinse 1 cup wheat berries and place in saucepan with 3 ½ cups of water
 - Add 1 tsp. of salt
 - Bring to roiling boil, reduce heat, cover and simmer for 1 hour until tender, add water as needed
 - Drain and cool or serve immediately
 - Cooked, cooled wheat berries can be frozen for 3-6 months by placing 1-2 cups of cooled wheat berries in a freezer safe container
- *Do not freeze hot wheat berries*

Nutritional Highlights

- Excellent source of fiber and plant protein
- Foods that are high in fiber and plant protein help prevent and control diabetes and reduce the risk of heart disease

Ideas for daily family use

- Eat as a breakfast cereal with fruit and/or yogurt
- Add to salads, soups and stews
- Add your favorite seasoning and use as you would rice

Infant and toddler foods

- Offer 1-2 tbsps to toddlers who are self-feeding
- Mash to a soft smooth texture and feed as a first food to babies



Ramona's American Indian Food is a Native American (Akimel O'Odham) business. Ramona has been farming with her husband, Terry, in the Sacaton, Arizona area for over 40 years. Ramona is proud of the traditional foods grown in the Gila River Indian Community, it is truly her labor of love.