

Perfect for entrées, salads, and sides.

# Purple Prairie Barley®

What's old is new again.  
An ancient grain for today!

Semi-Pearled **Purple Prairie Barley®** is lightly pearled; just enough bran is removed to speed up cooking while delivering the fiber, vitamins and minerals, and anthocyanins needed for a healthy diet. Cooks in 30 minutes or less; not 90 minutes, like whole grain barley. And the kernel keeps its rich dark color!

First discovered at Montana State University as part of a research trial by husband-and-wife plant breeders, Dr. Walt and Dr. Rosemary Neuman, Timeless Natural Food Organic Purple Prairie Barley® is a truly unique variety.

We know our Purple Prairie Barley® is special and recent research at Montana State University confirms it! Purple Prairie Barley® contains a health-boosting helping of anthocyanin and beta-glucan, a soluble dietary fiber. Out of 22 varieties of white, blue, purple, and black barley, our Purple Prairie Barley® ranked #1 for the highest beta-glucan concentration and #2 for anthocyanin content.

## That's good news!

Anthocyanins may help to protect against cancer, cognitive decline, diabetes, heart disease, and obesity, and beta-glucan is strongly linked to improving cholesterol levels and boosting heart health.

## A bit of barley history

- Barley grains found in the Nile River valley date back as far as 20,000 years ago.
- About 9,000 years ago, Tibetans began cultivating hullless barley that has a husk that falls off during harvest – like our Purple Prairie Barley®
- As early as 77 AD, there are records describing a porridge the Tibetans made out of purple barley. Purple Prairie Barley® is truly an “ancient grain!”
- Purple Prairie Barley® can be fermented — barley beer was one of the first alcoholic drinks developed by Neolithic humans — or distilled and made into whiskey.
- Timeless Seeds has been growing Purple Prairie Barley® on certified organic family farms on Montana's dryland prairies for more than two decades.

Use our Semi-Pearled Purple Prairie Barley® in soups, stews, and salads, or as an alternative to rice as a side dish. It is a naturally sweet, “meaty grain” with a chewy texture that cooks to a glossy purplish mahogany color. Use your favorite cooking method: a saucepan, a pressure cooker, or even a rice cooker!

**TIMELESS.**  
Natural Food

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