

Perfect for entrées, salads, and sides.

Purple Prairie Barley®

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

Sweet Pearled Purple Prairie Barley® is lightly cooked, just enough time is removed to speed up cooking while retaining the fiber, vitamins and minerals, and antioxidants needed for a healthy diet. Cooks in 30 minutes or less, not 90 minutes, like whole grain barley. And the formed kernels do not dark color!

First discovered at Montana State University as part of a research trial by husband and wife plant breeders, Dr. Mark and Dr. Rosemary Newman, 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-benefiting helping of anthocyanin and beta-glucan, a soluble barley fiber. Out of 23 varieties of white, blue, purple, and black barleys, 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 lowering heart health.

A bit of barley history

- Barley grains found in the Nile River valley date back as far as 25,000 years ago.
- About 5,000 years ago, Tibetans began cultivating hulless barley that has a hull that falls off during harvest — like our Purple Prairie Barley®.
- As early as 77 BC, there are records describing a corniche 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 in Montana's drought-prone areas for more than two decades.

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



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