



## Harvest of the Month

### Buckwheat



#### FUN FACTS: Gluten-free Grain

Despite its name, buckwheat is not a type of wheat. Although when ground, it behaves much like wheat and other cereal grains. Its "grain" is actually the dried fruit of a plant.

The triangular-shaped kernel is generally ground into a dark, gritty flour that has a nutty flavor. It is used to make everything from bread to soba noodles to pancakes.

Native to Asia, this highly nutritious whole grain may improve heart health and help manage diabetes.

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## My Head Hurts

Did you know that there are 150 types of headaches? The most common include tension, migraine, cluster, and sinus headaches. Each type of headache has a varying impact at different levels of pain that can be countered with a specific medication.

Headaches can be triggered by lack of sleep, change in weather, noise, menstruation, stress, and too much screen time. Once a trigger is identified, most can maintain a lifestyle to combat occurring headaches.

According to the World Health Organization (WHO), half to three quarters of adults aged 18–65 years in the world have had a headache in the last year and, among those individuals, 30% or more have reported a migraine. Headaches on 15 or more days every month affects 1.7–4% of the world's adult population.

**Interesting Tidbits...** 50% of people with migraines don't realize they have them. Migraines cause throbbing pain on one side of the head and can include nausea, vomiting, and light sensitivity. You don't need to have all these symptoms for it to be a migraine.

What you eat can be to blame. Some foods to watch out for include: deli meats and hot dogs (nitrates), Chinese foods (MSG), and foods sweetened with aspartame or sucralose.

**Headache Management...** Headache management depends on your diagnosis and symptoms. Options for headache and migraine relief include cold or hot compresses, as well as over-the-counter medications like Excedrin Migraine. Alternative treatments for headache pain include therapies such as massages, and acupuncture.

*Julianna Corderman, RDN, Corporate Dietitian, Taher, Inc.*

## HARVEST OF THE MONTH RECIPE—JUNE

~ featuring Buckwheat ~

### Buckwheat Stir Fry with Vegetables

Yield: 4 servings

#### BUCKWHEAT

1 1/2 c roasted buckwheat groats, uncooked  
3 c water

In a medium pot, add buckwheat, rinse and drain with cold water a few times.

Add the water. Cover and bring to a boil. Reduce heat to low and cook for 15 minutes.

Do not remove lid. Remove from heat and let stand for 3 minutes, then fluff with fork. Set aside.

#### STIR FRY

4 Tbs liquid saved from marinated artichokes\*  
4 Tbs minced garlic  
1 bunch kale, ribs removed, finely chopped  
4 red peppers, cut into strips  
2 c marinated artichokes, drained, chopped (save liquid\*)  
1/2 c chopped parsley  
1/2 c chopped basil

1. Drain the liquid from the artichokes and pour 4 Tbs in a pan. Add minced garlic; sauté for 10 seconds. Add kale and sauté until reduced to 1/2 the size. Place in bowl and set aside.
2. Sauté red peppers until al dente; add to bowl with kale. Add cooked buckwheat to bowl along with artichoke hearts, parsley and basil. **Serve and Enjoy!**



#### RECIPE NUTRITION SNAPSHOT ~ 1 serving

300 calories, 2 g total fat, 0 g sat fat, 0 g trans fat, 0 mg cholesterol, 450 mg sodium, 14 g fiber, 60 g carbohydrates, 5 g sugar, 12 g protein