

Buckwheat Information Sheet



Buckwheat Background

Buckwheat has been a provider of essential nutrients, vitamins, energy, and fibre to human kind for around 8,000 years. It was first cultivated in 4000 B.C. in the Balkan region of Europe, but it's thought to have truly been established inland in Southeast Asia and from there spread to Central Asia, Tibet, the Middle East, and Europe. There are accounts that Japan's Emperor Gensho ordered buckwheat cultivation throughout the entire country to prepare for dry weather in 722.



Buckwheat Health Benefits

- Minerals** Buckwheat is higher in Zinc, Copper and Manganese than other cereal grains.
- Protein** Buckwheat is very high in protein and amino acids, especially Lysine which assists tissue growth and repair.
- Fibre** Buckwheat is high in soluble fibre which assists in slowing down the rate of Glucose absorption which can be of particular benefit to those with diabetes and anyone trying to maintain balanced blood sugar levels.
- Vitamins** Buckwheat is high in vitamins B and E



Gluten Free

Buckwheat is naturally gluten free which makes it the perfect ingredient for those with coeliac disease or anyone seeking to remove gluten from their diet. Buckwheat can be used for baking or as a great alternative to oats or rice.