



1,000 Springs Mill BARLEYmax™ Flakes.

# 1,000 Springs Mill of Buhl is Bringing New Food Barley Products to Consumers

BY LAURA WILDER, IDAHO BARLEY COMMISSION

With a strong focus on organic and regenerative agriculture, 1,000 Springs Mill of Buhl is bringing new food barley products to the market, in addition to their line of other organic and non-GMO products that includes several bean varieties, popping corn and hard red spring wheat berries. The company’s barley products currently include organic purple barley, bulk black barley, and BARLEYmax™ barley flakes, with barley flour soon to follow.



The 2017 start-up company is a locally owned, third generation organic and non-GMO organization producing products to benefit their local community, with the

goal of being in every specialty food store in the U.S. and beyond, according to owner Tim Cornie. Company owners Cornie and Kurt Mason have over 40 years of farming experience. Their passion is Healthy People, Healthy Future™, and being local farmers, it isn’t what they do, it’s who they are. The company is focused on their vision to be a part of the community as it evolves over time, giving people the opportunity to live a healthy lifestyle.





Tim Cornie, Amber Snow and Paige Yore of 1,000 Springs Mill show off some of the company's products

While the Mason and Cornie families have been farming in Idaho's Magic Valley for three generations, they have been pioneers in the local organic farming movement, focusing on healthy soil, thus healthy people, bringing forth a healthy future.

In 2014 Cornie went on an extended vacation throughout Europe. As he traveled, he was amazed by the local cuisine—everything was local and fresh. Processed foods were nowhere to be found. The food was healthy, vibrant, and delicious. On Cornie's journey home he began wondering why the American food offerings were so vastly different from European cuisine. He thought about our industrial food system and how he could bring more nutrient dense foods to his family and community. "The U.S. is 20 years behind Europe in regenerative farming practices," said Cornie. "The U.S. mentality of cheap, bulk food has not been serving people well when it comes to health. People here are now more interested in conscious farming practices and healthier food."

Through collaboration with Mason, 1,000 Springs Mill was formed. Mason, who grew up on a farm in the

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Amber Snow, who works in HR for 1,000 Springs Mill, recently entered the Idaho Barley Commission's "Bring on the Barley" Recipe Challenge in partnership with the American Heart Association and was a category winner with the recipe which is now being featured on their new BARLEYmax™ barley flakes packaging. Give her delicious, healthy recipe a try. If you can't find, BARLEYmax™ flakes in your local retail store or Costco yet, you can order the product direct from 1,000 Springs Mill at: <https://1000springsmill.com/shop/>. The purple barley can also be ordered here.



Laura Wilder, IBC (left), and Amber Snow

## Turkey Max Meatloaf in Muffin Pan

### Ingredients:

1 lb ground turkey	1/4 cup diced red bell pepper
1 large egg	1 finely chopped garlic clove
1/2 cup 1000 Springs Mill Barleymax flakes	1/2 teaspoon of salt
2 tablespoons pesto	1/4 teaspoon of pepper

### Instructions:

1. In a large bowl, combine all ingredients and mix well.
2. Grease a muffin pan (see note<sup>1</sup>)
3. Use a large ice cream scoop to fill the greased muffin tin equally
4. Bake at 350 degrees (f) for 18-20 minutes.
5. Serve and enjoy!



### Note:

<sup>1</sup>This recipe makes 6 large sized meatloaf balls, or 12 mini-meatloaf balls. May top with favorite meatloaf sauce.





## What is BARLEYmax™?

BARLEYmax™ is a patent-protected complete whole grain that has a ton of nutritional benefits! This barley grain variety has a significantly superior nutritional profile compared to many other commercially available grains.

Australian-based The Healthy Grain (THG) partnered with U.S.-based Scoular to bring BARLEYmax™ into the U.S. for production and distribution in North America. Scoular is the exclusive seed dealer in North America and licenses food companies for wholesale or retail distribution of BARLEYmax™. For more information about BARLEYmax™, contact Brett Wilken at Scoular at 208-749-8881 or [bwilken@scoular.com](mailto:bwilken@scoular.com).

A single serving of BARLEYmax™ contains 2x the fiber and 4x the resistant starch of most other commercial grains.

BARLEYmax™ has a ton of other nutritional benefits!

- Resistant starch: this prebiotic fiber helps fuel good gut bacteria
- Soluble fiber: this fiber slows down carbohydrate digestion
- B-glucan: this soluble fiber reduces cholesterol absorption
- Insoluble fiber: helps improve overall bowel function

This versatile superfood can be used in any meal to:

- Replace your everyday grains such as oatmeal, rice, or cereal
- Boost fiber levels in smoothies, dips, and soups
- Replace granola in energy bars, parfaits, and other snacks
- Help bind together meatballs and burgers, OR to replace meat
- Add flavor and texture to homemade bread, cookies, and other baked goods

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Magic Valley brings a modern edge to the company through his knowledge and experience in business. Mason continues to instill the values of a farmer to his family, “My vision is to ensure that my little girls know how important a healthy lifestyle is and how it can benefit their future,” said Mason.

For a new start-up company, the COVID Pandemic has been a challenge, but through diversification, the company has fared well and is poised to grow, especially with barley products and the addition of a new flour mill. The company is currently looking for more organic barley growers. If you are currently transitioning to organic growing, or interested in doing so, please contact Tim Cornie at 208-543-2111 or [tim@1000springmill.com](mailto:tim@1000springmill.com).



1,000 Springs Mill owners Tim Cornie and Kurt Mason