



Cozy Up This Fall with Hearty Barley Recipes



Barley-Stuffed Squash

This Barley Stuffed Squash is a celebration of autumn's bounty. By combining the nutty flavors of barley with the natural sweetness of roasted squash it's a delicious way to celebrate the flavors of fall. Rich in fiber and essential nutrients, barley provides a hearty and healthy base, while the squash is packed with vitamins A and C. This recipe is not only a delicious blend of flavor, but also a visually eye-catching centerpiece at your next gathering.

Prep Time: 10 minutes

Cooking Time: 1 hour and 50 minutes

Total Time: 2 hours

Servings: 4

Ingredients:

- 1 Cup barley (pearl, hulless, or hulled)
- 1/2 Cup chopped onion
- 1/2 Cup chopped celery
- 1 Cup shredded carrot
- 4 Teaspoon butter
- 3 Cups chicken broth
- 1/2 Teaspoon thyme
- 2 medium acorn squash (about 1 lb. each), halved and seeds removed
- salt to taste

Instructions

1. In large saucepan over medium heat, sauté barley, onion, celery and carrot in 2 tablespoons butter until barley is lightly browned.

2. Add chicken broth and thyme. Bring to boil. Reduce heat, cover and simmer 45 minutes (50-55 is hulless or hulled barley) or until barley is tender and liquid is absorbed.
3. In the meantime, place squash halves in greased baking dish, cut side down.
4. Bake at 400° F for 30 minutes or until squash is tender.
5. Remove squash from oven and turn, cut-side up. Sprinkle lightly with salt.
6. Spoon equal portions of cooked barley mixture into centers of squash. Drizzle with 2 tablespoons melted butter.
7. Return filled squash halves to oven. Bake at 350° F for 20 minutes longer.



Turkey Barley Soup

Plan your holiday leftovers ahead by up cycling your leftovers with this great Turkey Barley Soup. Perfect for all chilly fall and winter days ahead. Tender chunks of turkey immersed in a flavorful broth enhanced by the earth and nutty notes of barley. With its nourishing grains and protein and medley of autumn vegetables, this soup is not just comforting but also incredibly nutritious, making it a go-to option for a healthy, hearty meal.

Prep Time: 20 minutes

Cook Time: 35 minutes

Total Time: 55 minutes

Servings: 12 cups



Ingredients

- 1 medium yellow onion, chopped
- 2 cups celery, sliced
- 2 cups carrots, chopped
- 2 cups turkey, shredded
- 1 cup barley
- 12 cups chicken broth

Instructions

1. In a dutch oven, sauté the onions until golden brown.

2. Add in the celery and carrots and sauté until tender.
3. Pour in chicken stock and bring to a boil.
4. Once boiling, add in barley and turkey. Simmer for 30 minutes or until barley is tender.
5. Season to taste with salt, pepper, and herbs of choice.

Notes

To cook in a crockpot, simply place all ingredients I the crockpot and cook on high for 4 hours.

For more recipes, visit us at EatBarley.com ■

Idaho Barley Assessment Increases

The Idaho Barley Commission (IBC) voted during their annual budget meeting on June 6, to approve a half cent per hundredweight increase to the Idaho barley assessment beginning July 1, 2024. This increase brings the assessment to \$0.04 per hundredweight, up from \$0.035 per hundredweight. The new rate is equal to \$0.0192 per bushel; however, it is collected by hundredweight per Idaho statute which allows the commission to collect up to \$0.04 per hundredweight.

After reviewing the substantial increased costs for commission programs, and through careful consideration of how to best serve Idaho barley growers, the four-member IBC board (three barley growers and one industry representative) voted unanimously for the half-cent increase. The last assessment increase was in 2023 when the rate was raised from \$0.03 to \$0.035 per hundredweight.

This increase will impact the state's 1,500 barley growers, who pay the assessment to fund marketing, research and grower education programs conducted by the Idaho Barley Commission. The assessment increase will bring in about \$125,000 in additional funds per year.

Idaho Barley Commissioner Mike Wilkins of Rupert made the motion to increase the assessment one half cent per hundredweight. "The commission must be proactive on finances to ensure we keep up with the needs of Idaho growers and in advancing the Idaho barley industry," said Wilkins. "Through our strategic planning process, we've identified research and market development priorities and this boost to the assessment will provide the additional income to invest in these programs to benefit Idaho barley growers."



IBC is a self-governing agency of the State of Idaho that serves to enhance the profitability of Idaho growers through research, market development, promotion, information and education. This is accomplished by identifying and utilizing available resources as well as partner organizations to further develop the barley industry in the state including Idaho Grain Producers Association, National Barley Growers Association, U.S. Grains Council, National Barley Improvement Committee and others.

Idaho leads the nation in barley production with Idaho growers typically producing more than 50 million bushels of barley on over 500,000 acres harvested annually. ■



Chinese Craft Brewers and Importers Visit Idaho

In July, the Idaho Barley Commission (IBC) joined Cold Stream Malt and Grain Company – a joint venture between Clearwater Farms based near Craigmont and Horlacher Farms based in Washington, and Mountain Malt of Idaho Falls in hosting a U.S. Grains Council (USGC) team of Chinese craft brewers and importers to Idaho to foster business relationships and showcase the high quality of Idaho barley available for export to China.

The team traveled across Minnesota, North Dakota, Montana, Idaho and Washington and visited barley and hops farms, breweries and malt production facilities in Idaho where they were able to gain helpful insight into the advanced technologies, research and processes utilized in transforming high-quality Idaho barley into malt, a key ingredient in the brewing industry.

In addition, during the visit to Idaho, a memorandum of understanding (MOU) was signed between Cold Stream Malt and Grain and a Chinese malt distributor. The MOU is a ceremonial statement of intent between the parties to foster mutual understanding and cooperation to strengthen their existing trade relations and friendship.

“China is home to the world’s largest beer industry, including a growing craft beer sector that is looking for ways to differentiate their products, and the Council has been working diligently over the past several years to develop market access for U.S. barley there,” said Sadie Marks, USGC manager of global strategies and trade. “Experiencing the full U.S. brewing supply chain from U.S. barley and hop farms, malting facilities and breweries enhanced attendees’ understanding of the industry’s value chain and built trust that will enable significant trading opportunities in the future.”



Mountain Malt hosted the team of Chinese craft brewers and importers at their facility and nearby farms in Idaho Falls, showcasing the quality of Idaho barley.



From left, a Chinese importer signs an MOU with Matt Horlacher and Chris Riggers of Coldstream Malt and Grain Company at Clearwater Farms near Craigmont as a ceremonial statement of intent between the parties to foster mutual understanding and cooperation to strengthen their existing trade relations and friendship.

The U.S. Grains Council is an important market development partner for IBC, and both Coldstream Malt and Grain Company and Mountain Malt recently became members of USGC as well.

China’s craft beer industry has witnessed a steady growth in the past few years. In 2021, the market size of craft beer in China surpassed 78.5 billion yuan with expectations to grow to 210 billion yuan by 2026 (Statista 2024). With craft brewing on the rise in China, these individuals are at the forefront of the trending curve. By witnessing Idaho’s advanced agricultural practices and high-quality barley firsthand, the delegation can foster greater trust and appreciation for Idaho barley in the Chinese market. This visit paves the way for future trade partnerships and economic growth of the state’s agricultural sector.

“We were excited to host the USGC Chinese Trade Team and showcase the excellence of Idaho’s barley production and malting industry,” said Laura Wilder, Executive Director of the Idaho Barley Commission. “This visit underscores the importance of international collaboration and highlights the opportunities for growth and partnership between Idaho’s barley producers and Chinese markets.” ■