

BARLEY

The History of Barley

The exact origin of barley is unknown, possibly it originated in Egypt, Ethiopia, Tibet or the Near East around 8000 years ago making it one of the earliest grains grown by humans. Barley played an important role in ancient Greek culture being used to make bread as well as food for athletes.



Saskatchewan grows some of the best barley in the world!



Animals like horses and cows love eating barley!



Nutrition

Barley is rich in protein, vitamins, minerals and amino acids that help us stay healthy. Barley is also one of the best sources of soluble and insoluble fibre as well as beta-glucan which may reduce the risk of heart disease.

Barley Exports

Canada is a major exporter of malt and malting barley which are used to make beer. The United States and China are the largest export markets for Canadian malt and malting barley.

What is Barley Used For?

Barley is mostly used for human and animal food. Most barley that humans consume is in the form of beer but it is also used in bread, soups and pasta. Lower quality barley is fed to animals.

