

# IN HARVEST GRAINS



## About In Harvest

From humble beginnings, InHarvest, Inc. has steadily grown to be the country's premier provider of rice and rice blends, exotic grains, and legumes to many of the industry's top creative chefs and restaurants. Because of the company's dedication to clean, high-quality, unique products, top-notch customer support, and the company's respect for the planet and its people.

Located in Bemidji, Minnesota, in prime Wild Rice country, the company's original name, Indian Harvest, was a reference to the spirit and heritage involved in the harvest of the wild rice grain, the company's primary focus in its early years. Since then the company has evolved and grown – with new locations in Woodland and Colusa, CA – and an expanded product line and capabilities.

Today, one of the things that distinguishes them is their outstanding team of culinary professionals who use their experience and expertise to develop recipes and products for food service.

\*\*All InHarvest products are packed in 6/2 lb. packs unless specified. \*\*

## RICE VARIETIES



**DG1080 Arborio Rice**  
This rice is the perfect risotto base. Its full body and

creamy white color are the ultimate blank canvas for a specialty combo of veggies, cheese, meat, seafood & herb.



**DG2000 Red Jasmine Rice**  
Long-grain unmilled rice with a red bran has a nuttier, more

complex flavor than regular rice. Its generous shape and rosy color make it a wonderful choice for full-flavored presentations showcasing rice.



**DG1085 Bamboo Rice**  
This short-grain rice is infused with bamboo extract,

contributing the health benefits of chlorophyll and a rich green color that's retained when cooked.



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## WHEAT VARIETIES



**DG2035 Bulgur Wheat**  
A quick-cooking whole wheat that has been parboiled and ground into smaller-size particles. Very versatile, medium grind that's ideal for making tabbouleh.



**DG2030 Wheat Berries**  
Lightly milled for faster cooking, these grains of wheat add a wholesome touch to your current rice. Or mix w/ legumes to provide a meatless complete protein.



**DG2030 Farro Wheat**  
Our farro has been sourced from the same family farm in Italy for years because of its high quality. It boasts a creamy texture: nutty with a buttery flavor.

## GRAIN VARIETIES



**DG1040 Amaranth Grain**  
Amaranth's flavor & nutritional value make it a perfect addition to your menu. It can be cooked as a cereal, popped, toasted or cooked w/ other

grains for a pilaf and is great as a thickening agent for soup & stew.



**DG1050 Black Pearl Medley Grain**  
Black Pearl Medley has a striking presentation w/ the combo of 100% whole grain

brown rice, black barley and daikon radish seeds. Unique with great texture.



**DG1045 Aztec Blend**  
Ancient amaranth grains combined with InHarvest's own exclusive Colusari Red Rice, whole-grain brown rice and multi-colored split peas come together to complement any presentation.

## MEDLEYS AND BLENDS



**DG2010 Rio Medley**  
Feat. a colorful sweet-potato orzo, combined w/ whole grain red quinoa and wheat berries. Long-grain parboiled white rice adds a slightly

buttery flavor and accents the colors & flavors of the other grains and pasta.



**DG2015 Ruby Wild Medley**  
Colusari red, sprout sienna red, wild, sprout brown and long-grain brown rice are combined to create a blend

that is naturally gluten-free, 100% whole grain & a workhorse in the kitchen.



**DG1095 Jasmine Blend**  
Jasmine Blend offers delicate texture from the aromatic jasmine rice, along with colorful accents from split baby garbanzo beans and daikon radish seeds.

## COUSCOUS, QUINOA & LENTIL VARIETIES



**DG1010 Golden Jewel Blend**  
A colorful bouquet of Israeli couscous, tri-colored orzo pasta, split baby garbanzo beans and delicate quinoa. A very versatile blend for any menu applications.



**DG1020 Israeli Couscous**  
Because of its large, even sized pearls of toasted pasta, this couscous takes on flavor easily & adapts well to many regional flavors. Perfect for side dishes and salads.



**DG1060 Tri Color Quinoa**  
Perfectly blended white, red and black quinoa combine for a unique texture, complex flavor profile and stunning visual presentation.



**DG1065 Red Quinoa**  
This high-protein grain echoes a nutty aroma that pairs beautifully with vegetarian cuisine. With a rich color and

unique texture, red quinoa adds value to any plate.



**DG1075 White Quinoa**  
Versatile, buttery in flavor, soft in texture and with a more generous grain size than other white quinoas, ours packs a nutritional wallop.

\*\* Looking for something specific? Ask us about our direct three day shipping program! \*\*

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