



Barley can be used for much more than brewing beer! Barley has been grown for thousands of years and is used virtually everywhere in the world—from Scotland to the Middle East, and throughout Eastern Europe and Southeast Asia! In Quebec, barley is grown in the Lower St. Lawrence, Gaspé and Magdalen Islands, and Saguenay-Lac-Saint-Jean regions.<sup>1</sup>

## BENEFITS

Whole-grain foods contain important nutrients such as fiber, along with minerals and vitamins.<sup>2</sup> Because of their high fiber content, they help reduce the risk of diseases such as type 2 diabetes, heart disease and stroke.<sup>3</sup> They also support a healthy digestive system, help lower blood cholesterol levels and produce an extended feeling of fullness.<sup>4</sup>

Although there are a number of fall varieties, in Quebec barley is sown mainly in the spring, since it is less hardy.<sup>5</sup> In 2023, barley accounted for 30,200 hectares of Quebec farmland. It is grown primarily for animal feed, hay and the brewing industry.<sup>6</sup> Less frequently, hulled barley is grown for human consumption.<sup>7</sup>

1. Vanasse, A. (2012). *Les céréales à paille*. Centre de référence en agriculture et agroalimentaire du Québec. p 5.
2. <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-whole-grain-foods/>
3. <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-whole-grain-foods/>
4. <https://www.canada.ca/en/health-canada/services/nutrients/fibre.html>
5. Vanasse, A. (2018). *Guide de production. Céréales d'automne*. Centre de référence en agriculture et agroalimentaire du Québec. p 51.
6. Le bulletin des agriculteurs. (2024). *Guide céréales 2024*.
7. Vanasse, A. (2012). *Les céréales à paille*. Centre de référence en agriculture et agroalimentaire du Québec. p 5.

## GOOD TO KNOW

- Fauxmage Halloounie (vegan cheese) can be used as a dairy-free substitute for regular cheese.
- Adding milk-based or vegan cheese provides a nice balance of textures and flavours!

## BARLEY SOUP WITH HALLOUMI CHEESE



🕒 15 MINUTES 📅 45 MINUTES

Servings: 4

### INGREDIENTS

- 2 stalks celery, chopped
- 1 large carrot, chopped
- 1 onion, chopped
- 1 l (4 cups) no-salt-added vegetable broth
- 1 796 ml can no-salt-added diced tomatoes
- 15 ml (1 tbsp) Italian-style dried herbs
- 7.5 ml (1/2 tbsp) chili seasoning
- 1 pinch hot pepper flakes (to taste)
- 75 ml (1/3 cup) pearl barley
- 500 ml (2 cups) chopped kale
- 1 block (approx. 150 g) halloumi cheese

### PREPARATION

1. Place celery, carrot, onion, broth, tomatoes, herbs, chili powder and chili flakes in a large saucepan. Bring to a boil over high heat, reduce to medium-low and let simmer for 15 minutes.
2. Add barley and continue to cook for 30 minutes.
3. Cut halloumi into slices approximately 1.25 cm (1/2 in.) thick.
4. Place halloumi slices in a large preheated nonstick frying pan over medium-high heat. Grill for 4 or 5 minutes or until golden brown, turning halfway through.
5. Remove from heat and dice the cheese.
6. Add kale and grilled cheese to the soup. Continue cooking for 1 minute.

**Source:** Recipe inspired by Geneviève O'Gleman, adapted by Amélie Parenteau, nutritionist for Équiterre

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## APPLE BARLEY PUDDING



🕒 15 MINUTES 📅 45 MINUTES

Servings: 8

### INGREDIENTS

- 500 ml (2 cups) water
- 125 ml (½ cup) pearl barley
- 3 apples, peeled and grated
- 500 ml (2 cups) milk or fortified soy beverage
- 60 ml (¼ cup) unbleached all-purpose flour
- 7.5 ml (1½ tsp) ground cinnamon
- 125 ml (½ cup) unsweetened applesauce
- 10 ml (2 tsp) vanilla extract
- 5 ml (1 tsp) Maple syrup per serving (optional)
- Fresh fruit (optional)

### PREPARATION

1. In a medium saucepan over medium heat, bring water, barley and apples to a boil. Cover and simmer over low heat until barley is tender, about 30-40 minutes. Set aside.
2. In a separate saucepan, combine milk, flour, cinnamon and applesauce. Bring to a boil over medium heat, stirring constantly with a whisk. Cook for 2 to 3 minutes (the mixture will be thick).
3. Remove from heat and stir in vanilla and barley mixture.
4. Serve warm or cold with brown sugar or maple syrup (optional) and add fresh fruit if desired.

**Source:** Inspired by [Menus 4 saison](#), adapted by Amélie Parenteau, nutritionist for Équiterre

## GOOD TO KNOW

- Pearl barley can be replaced with hulled barley (the latter, however, is harder to find and requires longer cooking time). Soak hulled barley in water for at least 4 hours before use. This will reduce cooking time.
- When cooking barley, it's important to taste test often during cooking and to stop once the desired texture has been reached!
- Fresh fruit, including diced apples with the peel on, will add a touch of colour to the presentation! The applesauce can be homemade (it's even better!), but if you're using a store-bought variety, choose one with no added sugar or other additives!

## HOW IS IT USED IN THE KITCHEN?

- Switch out the pasta in your minestrone soup for barley (you'll thank us later!)
- You can also cook it like rice, for a local, eco-friendly alternative.

## WHY ADOPT A PLANETARY HEALTH MENU?

Planetary health menus can improve both human and planetary health.

- **Read our [fact sheet](#) to find out more!**



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