

Kernza®: The Game- Changing Grain

Kernza was first developed by The Land Institute in Kansas from intermediate wheatgrass (*Thinopyrum intermedium*), a drought- and cold-hardy plant well-adapted to the northern US.

Kernza is a perennial multi-functional crop that improves environmental outcomes by keeping soil in place and protecting surface and ground waters, while also producing a grain that makes delicious baked goods, crackers, breads, beer, and whiskey.

Flavors go well
beyond 'nutty' and
'earthy' into a whole
spectrum of
delightful sensations

-Kernza home baker

Michael Fields
Agricultural Institute



*Are you ready to make
the change to perennial?*

Learn how Kernza can transform your farm, bakery, or brewery.

Contact MFAI Agroecologist Dr. Nicole Tautges for expert guidance on growing, baking, and brewing with this innovative super grain.

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michaelfields.org/kernza



KERNZA®

Perennial Grain

Good for the earth.
And good for you.


Fields Best
SMALL BATCH GRAINS

Root for the crop with the ROOTS!

Annual
Wheat



Kernza®
Perennial
Grain

Kernza's extensive root system reaches over 10 feet underground, much deeper than its annual counterpart - wheat.

**10
FEET**

Kernza is one of the most robust and effective solutions known to sequester carbon on our productive farm lands.

Kernza offers a new way forward for agriculture—one that produces delicious food while helping to protect soil, water, and air quality for future generations.

129% higher fiber

50% higher protein

2X more iron than annual wheat

LOWER GLUTEN

FARM



BREWERY



BAKERY



Order bags or bulk from the **Fields Best Store**

Fields Best
SMALL BATCH GRAINS

