

Triticale Grain for Food Products - Highlights

Triticale is a cereal grain created by pollinating wheat with rye. Wheat-rye hybrids have been studied for over 100 years, leading to the commercialization of triticale in the 1960's. The first varieties of triticale did not live up to their billing as the "miracle grain", but excellent progress had been made over the past thirty years. **"Hardiness of Rye - Yield and Quality of Wheat"** continues to be the appeal of triticale and the goal of plant breeding.

Currently in the U.S. only small quantities of triticale are used in food products, most commonly as part of multi-grain breads and specialty items. The label of Lucky's Harvest Day® bread featuring triticale describes triticale's flavor as **"rich, distinctive, honey-nut-like"**.

"A distinctive nutty, aromatic and naturally sweet flavour" is the way the flavor of triticale has been described by the Australian author K.V. Cooper in one of her cookbooks, **"particularly attractive to those health-conscious people wishing to reduce their intake of highly processed, sugared and salted foods...a very pleasant way of ensuring adequate fibre in the diet"**. Cookies, muffins, tortillas, and pancakes are among the products that are particularly good with triticale instead of wheat. Nutritional quality generally is higher in triticale than wheat produced under the same conditions.

Triticale can grow well in some areas where wheat does not, and some varieties can make more efficient use of water and soil nutrients. Triticale can provide ecological benefits by diversifying crop production, reducing pests, and protecting and improving soil by increasing organic matter. Triticale is an ideal crop for "organic" production methods.

TriMark triticale offers a new grain having good flavor, nutritional quality, and ecological benefits.