

# Washington State Farm-to-School Buckwheat Pancakes

Thank you for your interest in this Washington grown and manufactured organic buckwheat pancake mix.

This info packet was developed for schools receiving pancake mix. If you would like some, send an email to: [bramwell@wsu.edu](mailto:bramwell@wsu.edu)

***For those receiving the mix, try it out with your students and let us know what you think! We need feedback to meet your needs and provide a breakfast option that is nutritious and delicious.***

**After using this mix, Please take 5 minutes or less to complete a very short questionnaire.**

## **Buckwheat Pancake Feedback Form**

Please visit this site to provide feedback on the buckwheat pancake mix. We really want to hear from you!

[https://wsu.co1.qualtrics.com/jfe/form/SV\\_ONyKIAM0a01PiL4](https://wsu.co1.qualtrics.com/jfe/form/SV_ONyKIAM0a01PiL4)



This mix was developed as a collaboration between Washington State University, Cascade Milling, and many school partners. Our aim is to develop Washington-grown products that support farmers and improve access to high-quality, whole grains for our Washington school-age youth.



WASHINGTON STATE UNIVERSITY  
**EXTENSION**

# Buckwheat Pancake Mix

## HOW TO VIDEO



Check out this 'how-to' video, starring a 16-year veteran in school food service, for preparing this WA-grown buckwheat pancake mix in school kitchens!

*This short video shows **how to prepare mix traditional pancake style and in sheet pans**, gives background on the Washington farmers and food service personnel involved in developing this mix, and provides helpful hints on tasty add-ons.*



# Buckwheat Pancake Mix

## Whole Grain Equivalent

A Reference Sheet for School Meal Providers



## Nutrition Facts

227 servings per container

**Serving size**      **1/3 cup (50g)**

**INGREDIENTS:** Organic Buckwheat Flour, Organic Whole Wheat Flour, Organic Granulated Sugar, Organic Dry Milk Powder, Sea Salt, Leavening (SAPP, Baking Soda)

**Here are a few helpful facts about this buckwheat pancake mix for estimating grain equivalents in this meal.**

### **Calculating Based on Total Weight of Creditable Product**

- Weight of one pancake or pancake bar: 1.75 oz (50 g)
- Weight creditable product:  $1.75/1.2$  (Group C) = 1.38 oz
- Ounce-equivalent grains per pancake or bar: **1.25**

### **Calculated Based on Grams of Creditable Grain Ingredient**

- Serving size: 50 grams
- Whole grains per serving: 34 grams
- Ounce-equivalent grain servings per serving size:  $34/16 = 2$   
(one grain equivalent = 16 grams)

**Either of these numbers (1.25 or 2) can be used for the ounce-equivalent grain credits per serving of buckwheat pancakes**



WASHINGTON STATE UNIVERSITY  
**EXTENSION**

# Buckwheat Farm-to-School Resources



## Buckwheat Pancake Feedback Form

Visit this site to provide feedback on the buckwheat pancake mix. We really want to hear from you!

[https://wsu.co1.qualtrics.com/jfe/form/SV\\_0NyKIAM0aO1PiL4](https://wsu.co1.qualtrics.com/jfe/form/SV_0NyKIAM0aO1PiL4)



## Buckwheat Project Website

Information about farmers, food product testing, cool pictures, research trials, & other information about buckwheat and millet.

<https://extension.wsu.edu/thurston/buckwheat-extension/>



## How-to Video

Video showing you how to use the buckwheat pancake mix in school meal programs

<https://www.youtube.com/watch?v=dPyFjOK4k2E>



## Information Sheet on Grain Equivalents

We've done the math for you on grain equivalents. Visit link to get oz-equiv per serving

<https://extension.wsu.edu/thurston/buckwheat-extension/>



## WSDA Farm-to-School Program

Information on farm-to-school programs, Taste Washington Day, and purchasing grants!

<https://agr.wa.gov/departments/business-and-marketing-support/farm-to-school/wsd-farm-to-school-program>



## OSPI & ESD School Nutrition Programs

OSPI and ESDs can help you find WA-grown food and access purchasing and nutrition information.

[https://www.esd101.net/services/nutrition\\_cooperative/farm\\_to\\_school](https://www.esd101.net/services/nutrition_cooperative/farm_to_school)



## Basic Buckwheat Pancake Mix:

- Organic whole wheat flour
- Organic buckwheat flour
- Organic granulated sugar (or banana puree, or applesauce)
- Dry milk powder
- Sea salt
- Leavening



WASHINGTON STATE UNIVERSITY  
EXTENSION





# ORGANIC BUCKWHEAT

# PANCAKE MIX

**MANUFACTURED BY CASCADE MILLING**

310 CAMELIA ST NE  
ROYAL CITY, WA 99357

marketing@cascadeorganicflour.com  
www.cascadeorganicflour.com

**NET WEIGHT 25 LB (11.34 KG)**



Made in collaboration with Washington State University in support of Washington farm-to-school programs. Scan QR code below for project information. And Enjoy!

## Nutrition Facts

227 servings per container  
Serving size 1/3 cup (50g)

Amount Per Serving  
**Calories 160**

% Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 490mg 21%

**Total Carbohydrate** 37g 13%

Dietary Fiber 5g 18%

Total Sugars 11g

Includes 8g Added Sugars 16%

**Protein** 6g

Vitamin D 0.5mcg 2%

Calcium 70mg 6%

Iron 1.4mg 8%

Potassium 180mg 4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## BUCKWHEAT PANCAKES

- 1 Cup Pancake Mix
- 2/3 Cup Warm Water

## COOKING INSTRUCTIONS

### Pancakes

Mix 1 C pancake mix with 2/3 cup of warm water. Pour 1/3 cup of batter for each pancake onto a hot, oiled skillet. Cook for 1-2 min, turning when edges brown and surface bubbles. Continue 1-2 min more or until golden brown. Recipe makes 3-4 pancakes (3-4 servings).

### Sheet Pan

For 18" x 26" pan, combine 10 C mix with 6 2/3 C warm water. Thoroughly grease sheet pan, pour. Bake for 15-20 minutes or until inserted toothpick comes out clean. Recipe makes 30-32 bars.

**Visit this link or QR code for school meal pattern info:**  
<https://extension.wsu.edu/thurston/buckwheat-extension/>

**INGREDIENTS:** Organic Buckwheat Flour, Organic Whole Wheat Flour, Organic Granulated Sugar, Organic Dry Milk Powder, Sea Salt, Leavening (SAPP, Baking Soda)

**CONTAINS: Dairy, Wheat**

**Your feedback needed!**

Feedback form,  
how to video,  
& project info



Certified Non-GMO  
Contains organic ingredients