

KERNZA® Perennial Grain

ROOTED IN PURPOSE FOR A BETTER TOMORROW

Kernza® is more than a versatile grain; it's a step toward a more sustainable future. With a unique flavor and exceptional flexibility, it can be used in everything from bread and snacks to beer and whiskey. But its value extends far beyond those applications. As a deeply rooted perennial grain, Kernza® offers environmental benefits that support soil health, biodiversity, and long-term resilience.

KERNZA® IN CONSUMER FOOD & BEVERAGE PRODUCTS

The sweet, nutty flavor and functional properties of Kernza® make it incredibly versatile for a wide range of consumer food products. Kernza® perennial grain is an asset for the bakers, chefs, brewers, and distillers whose offerings are leading the way toward a new food system.

It's a natural fit for:



Pasta



Beer &
Spirits



Baking
Mixes



Whole
Grain Uses



Bread &
Crackers



Cereals

The unique nutritional and environmental benefits of Kernza® allow brands to make compelling sustainability claims that appeal to today's values-driven consumers.

A TRULY REGENERATIVE CROP

Beyond being a flavorful, functional ingredient, Kernza® provides an important step toward a thriving, sustainable world. As a perennial grain, Kernza® grows for multiple years without replanting, reducing the need for tillage and resource-intensive inputs common in conventional grain farming.



Annual Wheat vs. Kernza® Perennial Grain
in late spring before harvest.

Photo credit: The Land Institute

BENEFITS BENEATH THE SURFACE

Its extensive root system grows as far as 10' deep underground (or more depending on soil type) and prevents soil erosion, cleans water, mitigates nitrate leaching, improves soil health, and sequesters more atmospheric carbon than wheat.

MITIGATING CLIMATE CHANGE

Perennial grasses like Kernza® can sequester 300 to 1,000 pounds of atmospheric carbon per acre annually in the soil. In previously tilled soils, this carbon accumulation can continue for decades.¹

DELIVERING NUTRITIONAL BENEFITS

Kernza® delivers the kind of nutritional perks today's consumers are looking for. It's a smart, wholesome ingredient choice for anyone wanting to eat with purpose.

► *Protein*

Whole grain Kernza® contains 17–20 g of protein per 100 g.²

► *Vitamins and Minerals*

Kernza® contains important vitamins and minerals. 100 grams of whole grain Kernza® provides:²

- 120–150 mg of calcium
- 500–580 mg of potassium
- 0.3–0.35 mg of vitamin B1 (thiamin)
- 150–160 mg of magnesium
- 480–510 mg of phosphorus
- 3.7–5.3 mg of zinc

LICENSED KERNZA® SUPPLIER AND SOURCING INFORMATION

Sustain-A-Grain
info@sustainagrain.com

Perennial Promise Growers Cooperative
info@perennialpromise.com

Arcola Farms
info@arcolafarms.com

Perennial Pantry
hello@perennial-pantry.com

Field Theory Foods
orders@mnhempfarms.com

Visit **kernza.org** for more details
on specific product offerings.

Grow your impact and join the movement toward more resilient food systems. Learn more about Kernza® at kernza.org.

¹Crews and Rumsey 2017

²Great Plains Analytical Laboratory tests of 2024 harvested grain from 24 fields across three regions. g = grams and mg = milligrams

This work is supported by AFRI Sustainable Agricultural Systems Coordinated Agricultural Project (SAS-CAP) grant no. 2020-68012-31934 from the USDA National Institute of Food and Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and should not be construed to represent any official USDA or U.S. Government determination or policy.