



## FARRO

**One of the stars of the ancient grain renaissance, farro—also known as emmer—is believed to have sustained the Roman legions in their march across Europe. Today this hearty whole-grain, grown primarily in Tuscany, is gaining legions of new fans as a healthy dining staple.**

**Visitors to the recent International Restaurant & Foodservice Show in New York, for example, could sample farro risotto with celery root and home-pickled mushrooms at a healthy food seminar sponsored by SPE (Sanitas Per Escam). Whole Foods' website features such intriguing recipes as farro, apple and pecan salad, and farro pilaf with sausage.**

**With 7 grams of protein per serving—more than quinoa and brown rice—farro is also high in fiber and nutrients (it's not gluten-free, but contains much less gluten than wheat). With a nutty flavor and chewy texture, this versatile grain comes in whole, pearled and semi-pearled varieties, and has a cooking time of 25 to 40 minutes.**



## Globe Introduces New Sharpener

Globe has debuted a newly designed sharpener for the P Series Heavy Duty Slicers. The new sharpener is top-mounted, removable for sink cleaning, and meets the new NSF standards, which will be in effect this fall. The new sharpener never needs adjustment, eliminating costly service calls, and features a one-touch lever. For more information, visit [www.globeslicers.com](http://www.globeslicers.com).

