



PO BOX 440
PENN YAN, NY 14527

PHONE: (315) 536-3311
FAX: (315) 536-6740
WEB: THEBIRKETTMILLS.COM

PRODUCT SPECIFICATIONS

POCONO CREAM OF BUCKWHEAT

Brand Name: Pocono

Product Name: Cream of Buckwheat

General Description: A food grade product produced by mechanical harvesting, cleaning, dehulling, removing buckwheat hulls from buckwheat grain. Packed in 12/13oz cases, 50# bags, 2000# totes.

Typical Analysis

Properties: Appearance: Creamy white with or without light green tint.
Odor: Minimal odor, sweet, free of rancid or any off odor.
Flavor: Mild
Granulation: Various
Kosher: Yes
Organic: USDA Certified

Analysis: Nutritional Content

Moisture (%)	10.15
Protein (%)	4.07
Fat (%)	.90
Ash (%)	.24
Total Dietary Fiber	1.51
Carbohydrate	84.64
Calories (cal/100g)	359.5
Vitamin A (IU/100g)	ND
Vitamin C (mg/100g)	ND
Sodium (mg/100g)	2.0
Calcium (mg/100g)	7.3
Iron (mg/100g)	5.77
Cholesterol (mg/100g)	ND
Saturated Fatty Acid (%)	0.16
Insoluble Dietary Fiber (%)	.86
Soluble Dietary Fiber (%)	.65
Potassium (mg/100g)	108
Phosphorus (mg/100g)	58

Physical

Purity:	99.99% minimum
Unhulled:	.001% maximum
Foreign Matter:	minimal

Toxicological

Aflatoxin:	<2ppb
Heavy Metal	ND
Pesticides	ND
Food Colorings	none
Preservatives	none

Microbiological

Mold:	<10,000
Yeast:	<100
E. Coli:	ND*
Salmonella:	ND*
Gluten:	<20ppm

* Not detectable at a detection level of 1.0ppb



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Nutrition Facts

Serving Size: 1/4 cup (41g) dry
(About 1 cup prepared)
Servings Per Container About 9

Amount Per Serving

Calories 140 Calories from Fat 0

% Daily Value*

Total Fat 0g 0

Saturated Fat 0g 0

Trans Fat 0g

Cholesterol 0mg 0

Sodium 0mg 0

Potassium 40mg 2

Total Carbohydrates 36g 12

Dietary Fiber 1g 4

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 14%

Phosphorus 34%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:



Made in the USA

INGREDIENTS:

100% pure buckwheat-contains no additives, fortifiers or preservatives.

For a complete list of our products, write:

Mail Order Dept.
P.O. Box 440

Penn Yan, N.Y. 14527
Ph. (315) 536-3311

www.thebirkettmills.com

The illustration shows a box of Pocono Cream of Buckwheat Cereal. The top of the box features the Pocono logo with the tagline 'Heart of Buckwheat'. Below the logo, the product name 'CREAM OF BUCKWHEAT' is written in large, green, serif font. A banner on the left side of the box says 'Wheat & Gluten FREE'. On the right side, there is a circular seal that says 'USDA ORGANIC'. The central image depicts a breakfast table with a blue bowl of cereal, a glass of orange juice, and a blue napkin. At the bottom of the box, it says '100% ORGANIC Cereal' in large green letters, with 'Fat Free • Sodium Free' in smaller text below it. The net weight 'NET WT. 13 OZ.' is on the left and '369 GRAMS' is on the right. A small 'U' symbol is visible on the left side of the box.

NET WT. 13 OZ.

SEE DETAILS ON SIDE PANEL

369 GRAMS



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Material Safety Data Sheet

Product Name: **Cream of Buckwheat**
Chemical Name: n/a
CAS Number: none

Hazardous Ingredients: none known
Hazardous Information:

Carcinogenic: not listed
LD50: n/a
TLV: n/a
OSHA PEL: n/a

Physical Data

Boiling Point:	n/a	Appearance:	Granular, creamy white particle
Melting Point	n/a	Vapor Pressure:	n/a
Lbs. per Cu. Ft.:	36	Vapor Density:	n/a
Solubility in Water:	n/a	Evaporation rate:	n/a

Fire and Explosion Data

Extinguishing Media:	Water, spray, CO ₂ , Dry Chemical
Unusual Fire and Explosion Hazards:	Airborne Dust is sufficient Concentrations when confined Exposed to a sufficient ignition, source can explode

Explosibility Index:	n/a	Ignition Sensitivity:	2.1
Explosion Severity:	n/a	Ignition Temperature:	aprox. 380°C cloud or layer

Reactivity Data

Stability:	Stable	Hazardous Decomposition/Byproducts:	n/a
Incompatibility (materials to avoid):	n/a	Byproducts:	n/a
Conditions to avoid:		Hazardous Polymerization:	n/a

Open flames, sparks, ignition sources

Spill, Leak, and Disposal Data

Steps to be taken if material is released or spilled: Sweep or scoop up and remove. Flush with water.
Waste disposal method: According to federal, state, and local regulations.

Health Hazard Data

Toxicity:	N/A	Corrosivity:	N/A
ACGIH:	None established	Carcinogenicity:	None
OSHA:	None established	Lung Effects:	N/A
Irritation:	Mild skin/eye if at all	Sensitization:	Allergen in some cases

First Aid Procedures

Ingestion:	N/A
Dermal:	Flush with soap and water, if allergic.
Eye Contact:	Flush with water for 15 minutes, get medical attention if allergic, or if irritation persists.
Inhalation:	Remove to fresh air, if allergic.

Special Protection Information

Ventilation:	Local Exhaust: If dust is a problem.	Respiratory:	NIOSH approved Dust mask for nuisance particulates if needed.
Mechanical:	N/A	Protective Gloves:	N/A
Special:	N/A		
Eye Protection:	Goggles as needed.		

Special Handling

Precautionary Labeling: None required.

Other Handling and Storage Conditions: Store in cool, dry space. No welding inside bulk bins that contain flour -- must be free of flour.

The information and data contained herein is based upon facts considered to be correct as of the date hereof. Information is supplied upon the condition that the persons receiving same will make their own determination as to its suitability for their purposes prior to use. The Birkett Mills makes no warranty, either express or implied, with respect to the completeness or continuing accuracy of the information contained herein and disclaims all liability for the reliance thereon.