



PO BOX 440
PENN YAN, NY 14527

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

PRODUCT SPECIFICATIONS

POCONO KASHA

Brand Name: Pocono

Product Name: Kasha

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: Dark, tan/brown - whole, cracked.
Odor: Roasted, nutty.
Flavor: Nutty, Roasted, Robust.
Granulation: whole or cracked.
Kosher: Yes
Organic: USDA Certified

Analysis:	Nutritional Content	Physical
	Moisture 11.5	Purity: 99.99% minimum
	Protein 11.5	Unhulled: .001% maximum
	Fat 3.05	Foreign Matter: minimal
	Ash 1.69	
	Total Dietary Fiber 5.32	Toxicological
	Carbohydrate 72.04	Aflatoxin: <2ppb
	Calories (cal/100g) 345	Heavy Metal ND
	Vitamin A (IU/100g) ND	Pesticides ND
	Vitamin C (mg/100g) ND	Food Colorings none
	Sodium (mg/100g) 17.8	Preservatives none
	Calcium (mg/100g) 25.5	
	Iron (mg/100g) 3.12	Microbiological
	Cholesterol (mg/100g) ND	Mold: <10,000
	Saturated Fatty Acid (%) 0.56	Yeast: <100
	Insoluble Dietary Fiber (%) 3.95	E. Coli: ND*
	Soluble Dietary Fiber (%) 1.37	Salmonella: ND*
	Potassium (mg/100g) 431	Gluten: <20ppm
	Phosphorus (mg/100g) 364	

* Not detectable at a detection level of 1.0ppb



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Nutrition Facts

Serving Size: 1/4 cup (45g) dry
(About 3/4 cup prepared)
Servings Per Container About 8

Amount Per Serving

Calories 170 Calories from Fat 5

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 220mg	6%
Total Carbohydrates 35g	12%
Dietary Fiber 2g	10%
Sugars 0g	
Protein 6g	

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

Phosphorus 20%

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

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:

100% Certified Organic Buckwheat. Certified by International Certification Services Inc.

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





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Material Safety Data Sheet

Product Name: **Buckwheat Kasha**
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.