



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, Roasted Buckwheat
General Description: A food grade product produced by mechanical harvesting, cleaning, dehulling, removing buckwheat hulls from buckwheat grain, grinding on mill stones, and dry roasting. Packed in 6/13oz cases, 50# bags, 2000# totes.
Shelf Life: 1,095 days

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
Ingredients: Buckwheat

Typical Analysis:	Nutritional Content Per 100 Grams	Physical
	Moisture (gm.) 4.00	Purity: 99.99% minimum
	Protein (gm.) 14.00	Unhulled: .001% maximum
	Fat (gm.) 3.50	Foreign Matter: minimal
	Ash (gm.) 2.00	
	Total Dietary Fiber (gm.) 5.25	Toxicological
	Carbohydrate (gm.) 77.00	Aflatoxin: <2ppb
	Calories (cal) 380	Heavy Metal ND
	Vitamin A (IU) ND	Pesticides ND
	Vitamin C (mg.) ND	Food Colorings none
	Sodium (mg.) 17.80	Preservatives none
	Calcium (mg.) 27.00	
	Iron (mg.) 3.12	Microbiological
	Cholesterol (mg.) ND	Mold: <10,000
	Saturated Fatty Acid (gm.) 0.56	Yeast: <100
	Insoluble Dietary Fiber (gm.) 3.95	E. Coli: ND*
	Soluble Dietary Fiber (gm.) 1.37	Salmonella: ND*
	Potassium (mg.) 431	Gluten: <20ppm
	Phosphorus (mg.) 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

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

Certified by

NOFA-NY

Certified Organic LLC





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Material Safety Data Sheet

Product Name: **Pocono 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, CO₂, 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.



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TO: Whom It May Concern

FROM: Cliff Orr, The Birkett Mills

SUBJECT: **Certificate of Origin**

The following products are processed by The Birkett Mills in Penn Yan NY, North America:

All Buckwheat Products



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TO: Whom It May Concern:

FROM: Cliff Orr, The Birkett Mills

SUBJECT: **Kosher Certification – Buckwheat Products**

To ensure our current Kosher certifications, you can access all current OU Kosher Certifications online at <http://oukosher.org> .

- 1) Click on “Product Search” (at left)
- 2) At search prompt, type name of product



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TO: Whom It May Concern:

FROM: Cliff Orr, The Birkett Mills

SUBJECT: **Letter of Guaranty**

The articles comprising each shipment or other delivery hereafter made by the undersigned guarantor to or on the order of ---The Birkett Mills--- hereinafter referred to as "Company", are hereby guaranteed under the following laws to the extent then effective and applicable on the date of such shipment or deliver, to be:

- a) Not adulterated or misbranded within the meaning of the federal Food, Drug, and Cosmetic Act (21 USC Section 310 et Seq.); and not an article which may not under the provisions of Section 404 (21 USC Section 344) or 505 (21 USC Section 355) on Section 512 (21 USC Section 512 (21 USC Section 306b) of said Act be introduced into interstate commerce; and comprised only of color additives certified in accordance with the applicable regulations promulgated under said Act, then such certification is lawfully required.
- b) Not adulterated or misbranded within the meaning of any applicable state law or municipal ordinance in which the definitions of adulteration or misbranding are identical or substantially similar to those in the Federal Act.

By the acceptance of the Guaranty, the said Company, its divisions or subsidiaries, agrees to notify the undersigned in writing within a reasonable time of any violation of any of the above-mentioned laws which comes to the attention of said Company.

This is a continuing guarantee subject to revocation by the undersigned Guarantor on thirty (30) days written notice.

The Birkett Mills
Guarantor

Cliff Orr
Vice President

ALLERGEN STATEMENT

Supplier Name: The Birkett Mills

Ingredient Name: All Buckwheat Products

Allergen	Present in product formula	Present on the same manufacturing line	Tested In house	Comments
PEANUTS OR ITS DERIVATIVES (including peanut proteins and peanut oil, mandelonas [flavored peanuts])	No	No	No	
TREE NUTS (Almond, Beech nut, Brazil nut, Butternut, Cashew, Chestnut, Chinquapin, Coconut, Filbert/Hazelnut, Ginko nut, Hickory nut, Lichee nut, Macadamia/Bush nut, Pecan, Pine nut/ Pinon nut, Pili nut, Pistachio, Sheanut, Walnut) OR ITS DERIVATIVES	No	No	No	
MILK OR ITS DERIVATIVES (whey, caseinate, etc.)	No	No	No	
EGGS OR ITS DERIVATIVES	No	No	No	
SOYBEANS OR ITS DERIVATIVES* (including soy lecithin)	No	No	Yes	<10 ppm
WHEAT, TRITICALE, SPELT, DURUM, KAMUT AND EMMER OR ITS DERIVATIVES	No	No	No	
FISH OR ITS DERIVATIVES	No	No	No	
CRUSTACEAN SHELLFISH (crab, crayfish, lobster, shrimp) OR ITS DERIVATIVES	No	No	No	
SESAME SEEDS OR ITS DERIVATIVES	No	No	No	
LUPIN OR ITS DERIVATIVES	No	No	No	
CELERY OR ITS DERIVATIVES	No	No	No	
MUSTARD OR ITS DERIVATIVES	No	No	No	
MOLLUSCAN SHELLFISH (snails, clams, mussels, oysters, cockle, scallops) OR ITS DERIVATIVES	No	No	No	
SULFITES AND SULFUR DIOXIDE (if yes, provide PPM amount in comment column)	No	No	No	
GLUTEN SOURCES	No	No	Yes	Gluten tested <20ppm



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TO: Whom It May Concern:

FROM: Cliff Orr, The Birkett Mills

SUBJECT: **Genetically Modified Organisms – Buckwheat**

To our knowledge, none of our buckwheat products are produced using genetically modified materials.