



Sunnyland Mills is America's leading bulgur manufacturing company. We have been in business for 8 decades and produce premium quality whole grain bulgur wheat and specialty ancient grains.

Sunnyland Mills

Updated January 2018

PRODUCT CATALOG

America's Bulgur Company



Sunnyland Mills

4469 E Annadale Ave. Fresno, CA 93725 • (559)233-4983 • www.sunnylandmills.com

About Bulgur Wheat

Bulgur is a quick-cooking form of whole wheat that has been cleaned, parboiled, dried, ground into particles, and sifted into distinct sizes. **Often confused with cracked wheat, bulgur differs in that it has been pre-cooked and is ready to eat with minimal cooking or, after soaking in water or broth, can be mixed with other ingredients without further cooking.** Bulgur can also be used in recipes calling for converted rice and is a more nutritious, versatile product with a pleasant, nut-like flavor and an extended shelf-life that allows it to be stored for long periods.

Bulgur wheat has been a staple of the traditional Mediterranean diet for thousands of years. It is now becoming an increasingly popular staple in modern health food and vegetarian diets, as well. High in dietary fiber and carbohydrates, low in fat, rich in “B” vitamins, iron, phosphorous and manganese, Bulgur wheat is listed as a suggested daily food item ***The Traditional Healthy Mediterranean Diet Pyramid***. Bulgur wheat is also the #1 grain in terms of nutritional scoring according to the ***Center for Science in the Public Interest*** (CSPI). CSPI also lists bulgur as the third highest grain item in the Grains and Pasta category in terms of fiber content and has more than double the fiber of couscous.

Bulgur Wheat complements the protein profile of legumes such as pinto beans and its B vitamins complement the folate in vegetables such as spinach, asparagus, broccoli, or Brussel sprouts. In addition, many of bulgur wheat’s naturally occurring vitamins and minerals permeate the kernel during cooking, therefore it contains more nutritive content than other processed wheat products.

Grind Sizes

#0 Extra Fine Bulgur Wheat – used as a coarse flour in breads, soups, and other products

#1 Fine Bulgur Wheat – makes a nutritious breakfast cereal and is perfect for breads and desserts. Traditionally used in tabouli salad.

#2 Medium Bulgur Wheat – is an all-purpose sized grain used in salads, stews, soups, multi-grain bakery goods, and especially in meatless burgers or chili.

#3 Coarse Bulgur Wheat – can be used in low-fat stuffing, casseroles, and vegetarian tacos. Can also be used in pilafs, soups, salads, and artisan breads.

#4 Extra Coarse Bulgur Wheat – extra-large grind for use in soups, pilafs and specialty recipes.

#5 Half Cut Bulgur Wheat - extra-large grind for use in soups, pilafs and specialty recipes.

Whole Kernel Bulgur Wheat - key ingredient in hearty soups and to impart whole kernel goodness and texture to artisan breads.

Sunnyland Mills Product Images

#0 Extra Fine Bulgur



#1 Fine Bulgur



#2 Medium Bulgur



#3 Coarse Bulgur



#4 Extra Coarse Bulgur



#5 Half Cut Bulgur



Pearled Wheat (ND)



Whole Kernel Bulgur



Whole Wheat Berries



Yarma (Pearled Ground Wheat)



Grano – Pearled Durum



#1 Fine Dark Brown Bulgur



#3 Coarse Dark Brown Bulgur



Whole Kernel Red Wheat Berries



#1 Fine Freekeh Bulgur



#3 Coarse Freekeh Bulgur



#1 Fine Kamut® Khorasan Bulgur



#3 Coarse Kamut® Khorasan Bulgur



#1 Fine Farro Bulgur



#3 Coarse Farro Bulgur



Traditional Bulgur

*** The products below require a 10 business day lead time ***

#0 Extra Fine Traditional BulgurBag sizes: 20lb, 40lb, 2000lb
#1 Fine Traditional BulgurBag sizes: 25lb, 50lb, 2000lb
#2 Medium Traditional BulgurBag sizes: 25lb, 50lb, 2000lb
#2/3 Blend Traditional BulgurBag sizes: 25lb, 50lb, 2000lb
#3 Coarse Traditional BulgurBag sizes: 25lb, 50lb, 2000lb
#4 Extra Coarse Traditional BulgurBag sizes: 25lb, 50lb, 2000lb
#5 Half Cuts Traditional BulgurBag sizes: 25lb, 50lb, 2000lb
Whole Kernel Traditional BulgurBag sizes: 25lb, 50lb, 2000lb
Pearled Wheat (ND)Bag sizes: 25lb, 50lb, 2000lb
Grano – Golden Pearled DurumBag sizes: 25lb, 50lb, 2000lb
Whole Wheat BerriesBag sizes: 25lb, 50lb, 2000lb

*** The product below require a 15 business day lead time ***

Yarma (Pearled Ground Wheat)Bag sizes: 25lb, 50lb, 2000lb
-------------------------------------	------------------------------------

Certified Organic Bulgur

*** The products below require a 15 business day lead time ***

#0 Extra Fine Organic BulgurBag sizes: 20lb, 40lb, 2000lb
#1 Fine Organic BulgurBag sizes: 25lb, 50lb, 2000lb
#3 Coarse Organic BulgurBag sizes: 25lb, 50lb, 2000lb
#4 Extra Coarse Organic BulgurBag sizes: 25lb, 50lb, 2000lb
Whole Kernel Organic BulgurBag sizes: 25lb, 50lb, 2000lb
Whole Kernel Dark Brown Organic BulgurBag sizes: 25lb, 50lb, 2000lb
Organic Whole Wheat BerriesBag sizes: 25lb, 50lb, 2000lb

Dark Brown Bulgur

*** The products below require a 20 business day lead time ***

#1 Fine Dark Brown BulgurBag sizes: 25lb, 50lb, 2000lb
#2 Medium Dark Brown BulgurBag sizes: 25lb, 50lb, 2000lb
#3 Coarse Dark Brown BulgurBag sizes: 25lb, 50lb, 2000lb
Whole Kernel Red Wheat BerriesBag sizes: 25lb, 50lb, 2000lb

Specialty Items

*** The products below require a 30 business day lead time ***

Organic Freekeh Bulgur

#1 Fine Organic Freekeh BulgurBag sizes: 25lb, 50lb, 2000lb
#3 Coarse Organic Freekeh Bulgur.....Bag sizes: 25lb, 50lb, 2000lb
Whole Kernel Organic Freekeh Bulgur.....Bag sizes: 25lb, 50lb, 2000lb

Organic Farro Bulgur

#1 Fine Organic Farro BulgurBag sizes: 25lb, 50lb, 2000lb
#3 Coarse Organic Farro Bulgur.....Bag sizes: 25lb, 50lb, 2000lb
Whole Kernel Organic Farro Bulgur.....Bag sizes: 25lb, 50lb, 2000lb

Organic Kamut® Khorasan Bulgur

#1 Fine Organic Kamut® Khorasan BulgurBag sizes: 25lb, 50lb, 2000lb
#3 Coarse Organic Kamut® Khorasan BulgurBag sizes: 25lb, 50lb, 2000lb
Whole Kernel Organic Kamut® Khorasan BulgurBag sizes: 25lb, 50lb, 2000lb

A Sampling of Bulgur Recipe Photos



Bulgur Hot Cereal



Bulgur Bread



Bulgur Tabouli Salad



Tomato Bulgur Soup



Apricot-Bulgur Pudding Cake



Bulgur Veggie Burger