



PRODUCT CATALOG



America's Bulgur Company®

Sunnyland Mills® is America's leading Bulgur manufacturing company. We have been in business for over 8 decades and produce premium quality whole grain Bulgur Wheat and specialty Ancient Grains.

- Quick Cooking
- Natural, No Additives
- 100% Whole Grain
- Plant-Based Protein
- Non-GMO Project Verified
- Kosher
- Certified Organic (some products)
- Vegan
- Versatile in many Recipes



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Sunnyland Mills®

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Our History



Sunnyland Mills® was founded in 1935 under the name of Sunnyland Bulghur Company, Inc.® by Harry, George and Jivon Perch. Their original bulgur process utilized traditional methods from the Middle East. Almost immediately, they became known as the premium bulgur wheat manufacturer and, with growing demand for their high quality product, they soon perfected a continuous method of processing that was unique in the industry.

In 1977, George and Jivon sold the business to another pair of brothers, Carl and John Orlando. Carl and John modernized and improved the process many times and Carl's innovative ideas produced an even higher quality finished product. To reflect the company's growing product line, in 1993 the company name was officially changed to Sunnyland Mills®. Also in 1993 the company moved to a new, state-of-the-art facility that provided an even more efficient process and increased quality control in a technologically advanced environment.

When John and Carl retired, two of Carl's sons, Mike and Steve, purchased the business and continue operate the business with the values they learned from their predecessors.

Today, Sunnyland Mills® is the most modern bulgur wheat manufacturing facility in the world and continues the legacy of a family business committed to hard work and superior quality, whole grain, all natural products.



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.

Bulgur wheat has been a staple of the traditional Mediterranean Diet for thousands of years. It is now becoming an increasingly popular component in modern health food, plant based products and vegetarian diets. 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 is a Plant-Based Protein and complements the protein profile of legumes. 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, making bulgur more nutritious than other processed wheat products.

Specific 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 as a meat extender. It is also 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 Kamut® Khorasan Bulgur



#3 Coarse Kamut® Khorasan Bulgur



#1 Fine High Fiber Bulgur



#3 Coarse High Fiber Bulgur



Traditional Bulgur

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

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

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

Yarma (Pearled Ground Wheat)	Bag sizes: 25lb, 50lb, 2000lb
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Certified Organic Bulgur

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

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

Dark Brown Bulgur

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

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

High Fiber Bulgur

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

#1 Fine High Fiber Bulgur	Bag sizes: 25lb, 50lb, 2000lb
#3 Coarse High Fiber Bulgur	Bag sizes: 25lb, 50lb, 2000lb

Specialty Ancient Whole Grains

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

Certified 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

Retail and Foodservice Products

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

Traditional Bulgur

#1 Fine Traditional BulgurBag size: 2lb (9 per case)
#2 Medium Traditional BulgurBag size: 2lb (9 per case)
#3 Coarse Traditional BulgurBag size: 2lb (9 per case)
#4 Extra Coarse Traditional BulgurBag size: 2lb (9 per case)

Dark Brown Bulgur

#1 Fine Dark Brown BulgurBag size: 2lb (9 per case)

Pilaf Mixes

Orlando's Cracked Wheat Pilaf MixBag size: 4lb (4 per case)

A Sampling of Bulgur Recipe Photos



Bulgur Hot Cereal



Bulgur Bread



Bulgur Tabouli Salad



Tomato Bulgur Soup



Apricot-Bulgur Pudding Cake



Bulgur Veggie Burger