**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, and grinding on mill stones. Packed in 6/13oz cases, 50# bags, 2000# totes.  
**Shelf Life:** 1,095 days

**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  
- **Ingredients:** Buckwheat

**Typical Analysis:**

<table>
<thead>
<tr>
<th><strong>Nutritional Content Per 100 Grams</strong></th>
<th><strong>Physical</strong></th>
<th><strong>Toxicological</strong></th>
<th><strong>Microbiological</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Moisture (gm.)</td>
<td>10.15</td>
<td>Purity: 99.99% minimum</td>
<td>Aflatoxin: &lt;2ppb</td>
</tr>
<tr>
<td>Protein (gm.)</td>
<td>4.07</td>
<td>Unhulled: .001% maximum</td>
<td>Heavy Metal ND</td>
</tr>
<tr>
<td>Fat (gm.)</td>
<td>.90</td>
<td>Foreign Matter: minimal</td>
<td>Pesticides ND</td>
</tr>
<tr>
<td>Ash (gm.)</td>
<td>.24</td>
<td></td>
<td>Food Colorings none</td>
</tr>
<tr>
<td>Total Dietary Fiber (gm.)</td>
<td>1.51</td>
<td></td>
<td>Preservatives none</td>
</tr>
<tr>
<td>Carbohydrate (gm.)</td>
<td>84.64</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories (cal)</td>
<td>359.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin A (IU)</td>
<td>ND</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C (mg.)</td>
<td>ND</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium (mg.)</td>
<td>2.0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium (mg.)</td>
<td>7.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron (mg.)</td>
<td>5.77</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol (mg.)</td>
<td>ND</td>
<td></td>
<td>Mold: &lt;10,000</td>
</tr>
<tr>
<td>Saturated Fatty Acid (gm.)</td>
<td>0.16</td>
<td></td>
<td>Yeast: &lt;100</td>
</tr>
<tr>
<td>Insoluble Dietary Fiber (gm.)</td>
<td>.86</td>
<td></td>
<td>E. Coli: ND*</td>
</tr>
<tr>
<td>Soluble Dietary Fiber (gm.)</td>
<td>.65</td>
<td></td>
<td>Salmonella: ND*</td>
</tr>
<tr>
<td>Potassium (mg.)</td>
<td>108</td>
<td></td>
<td>Gluten: &lt;20ppm</td>
</tr>
<tr>
<td>Phosphorus (mg.)</td>
<td>58</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Not detectable at a detection level of 1.0ppb
Material Safety Data Sheet

Product Name: Pocono 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
- Melting Point: n/a
- Lbs. per Cu. Ft.: 36
- Solubility in Water: n/a
- Appearance: Granular, creamy white particle
- Vapor Pressure: n/a
- Vapor Density: 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
- Explosibility Index: n/a
- Explosion Severity: n/a
- Ignition Sensitivity: 2.1
- Ignition Temperature: aprox. 380°C cloud or layer

Reactivity Data

- Stability: Stable
- Incompatibility (materials to avoid): n/a
- Conditions to avoid: Open flames, sparks, ignition sources
- Hazardous Decomposition/Byproducts: n/a
- Byproducts: n/a
- Hazardous Polymerization: n/a

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   Special: N/A
Protective Gloves: 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 date 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 it’s 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.
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
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
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 ordnance 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

<table>
<thead>
<tr>
<th>Allergen</th>
<th>Presented in product formula</th>
<th>Present on the same manufacturing line</th>
<th>Tested In house</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEANUTS OR ITS DERIVATIVES (including peanut proteins and peanut oil, mandelonas [flavored peanuts])</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>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</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>MILK OR ITS DERIVATIVES (whey, caseinate, etc.)</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>EGGS OR ITS DERIVATIVES</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>SOYBEANS OR ITS DERIVATIVES*</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>&lt;10 ppm</td>
</tr>
<tr>
<td>(including soy lecithin)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WHEAT, TRITICALE, SPELT, DURUM, KAMUT AND EMMER OR ITS DERIVATIVES</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>FISH OR ITS DERIVATIVES</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>CRUSTACEAN SHELLFISH (crab, crayfish, lobster, shrimp) OR ITS DERIVATIVES</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>SESAME SEEDS OR ITS DERIVATIVES</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>LUPIN OR ITS DERIVATIVES</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>CELERY OR ITS DERIVATIVES</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>MUSTARD OR ITS DERIVATIVES</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>MOLLUSCAN SHELLFISH (snails, clams, mussels, oysters, cockle, scallops) OR ITS DERIVATIVES</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>SULFITES AND SULFUR DIOXIDE (if yes, provide PPM amount in comment column)</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>GLUTEN SOURCES</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Gluten tested &lt;20ppm</td>
</tr>
</tbody>
</table>
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.