

Uses

ID	1,346
Crop ID	Teff
Part	Grain
Use Category	Food
Notes	Due to the small size of its grains, teff is almost always made into a whole-grain flour (bran and germ included), resulting in a high nutrient content. Teff flour is used as a thickening agent in a range of products, including soups, stews, gravies and puddings.
Metadata ID	8,435