

*Hordeum vulgare*

[Synonyms : *Hordeum aegiceras*, *Hordeum agriocrithon*, *Hordeum deficiens*, *Hordeum distichon*, *Hordeum hexastichon*, *Hordeum hexastichum*, *Hordeum irregulare*, *Hordeum polystichon*, *Hordeum polystichon* var. *vulgare*, *Hordeum sativum*, *Hordeum sativum* var. *vulgare*, *Hordeum spontaneum*, *Hordeum tetrastichum*, *Hordeum vulgare* subsp. *agriocrithon*, *Hordeum vulgare* subsp. *deficiens*, *Hordeum vulgare* subsp. *distichum*, *Hordeum vulgare* subsp. *hexastichon*, *Hordeum vulgare* var. *trifurcatum*]

**BARLEY** is a grass. Derived from a species of oriental wild grass (either *Hordeum spontaneum* or *Hordeum ischnatherum*) it has bristly-bearded flower spikelets.

It is also known as Abyssinian barley, *Alcacel* (Spanish), *Almindelig byg* (Danish), *Arpa* (Turkish), *Árpa* (Hungarian), *Barlibiyam* (Telugu), *Barliyarisi* (Tamil), Beerley, Bere barley, Big barley, *Cebada* (Spanish), *Cebada común* (Spanish), *Cebada cultivada* (Spanish), Cereal barley, *Cevada* (Portuguese), *Ciblak arpa* (Turkish), Common barley, Cultivated barley, *Da mai* (Chinese), *Divya* (Sanskrit), Four-rowed barley, *Gebs* (Ethiopian), *Gerst* (Dutch), *Gerste* (German), *Grosse orge nue* (French), *Harilik oder* (Estonian), Holiday barley, Hooded barley, *Hordeo ordinara* (Esperanto), *Iachmen' obyknovennyi* (Russian), *Iachmen' posevnoi* (Russian), *Jačmeň siaty* (Slovak), *Jau* (Bengali, Hindi, Punjabi), *Jav* (Gujarati), *Ječmen* (Czech), *Ječmen obecny* (Czech), *Jęczmień* (Polish), *Jow* (Persian), *Khao bale* (Thai), *Korn* (Swedish), *Krithari* (Greek), *Kulturgerste* (German), *Llys y Bara* (Welsh), Malting barley, *Memse arpasi* (Turkish), *Négysoros árpa* (Hungarian), *Ohra* (Finnish), *Oo mugi* (Japanese), *Orge* (French), *Orge d'Espagne* (French), *Orge perlé* (French), *Orzo comune* (Italian), *Orzo do Spagna* (Italian), *Orzo nudo* (Italian), Naked barley, Pearl barley, Pearly barley, *Perlatum*, *Saat-Gerste* (German), Scotch barley, *Se'orah tarbutit* (Hebrew), *Shae-eor* (Arabic), *Sha'ir* (Arabic), Siberian barley, Six-rowed barley, *Ubhali* (Zulu), *Takarmányárpa* (Hungarian), and *Xghir* (Maltese).

The grain is hulled and milled to produce pearl barley which is used in cooking. Malt extract is obtained from the grain. Pearl barley is the de-husked, ground and polished seed that contains about 80% starch and about 6% cellulose, protein etc. – and germinated grain is dried to obtain malt barley. The former can sometimes be treated with French chalk not only to add weight but also to lighten the colour.

Warning – barley can cause indigestion if taken internally unprocessed.

*Vulgare* means 'common'.

In Old English barley was called *bearlic* which meant 'bear-like or bur-like' because of its bearded spike.

The grain is used to make beer, ale, whisky, and soft drinks. The food industry uses it for flour which can be used for gruel, bread, soup and *galette*, as well as for pearl barley and for extracted malt for proprietary spreads. It is used on a commercial scale too for animal and poultry foodstuffs.

Because barley is easily digestible it is often included in convalescent diets.