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etymology the barley barn at cressing essex built around 1220 its name means barley barley store 3 the old english word for barley was bere 4 this survives in the north of scotland as bere it is

jul 11 2023 barley is a nutritious yet still underappreciated cereal grain that has been grown for over 10 000 years this article discusses the health benefits of barley and how to add it to your diet

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