

# Buckwheat Market Opportunity, Growth Drivers, Industry Trend Analysis, and Forecast 2025 - 2034

https://marketpublishers.com/r/BC697C2E899DEN.html

Date: April 2025

Pages: 360

Price: US\$ 4,850.00 (Single User License)

ID: BC697C2E899DEN

### **Abstracts**

The Global Buckwheat Market was valued at USD 621.9 million in 2024 and is estimated to grow at a CAGR of 3.1% to reach USD 842 million by 2034. The market's growth is being driven by the rising awareness among consumers about the significant health benefits of buckwheat, such as its gluten-free nature, high nutritional value, and its potential role in reducing chronic disease risks. As more people shift towards healthier eating habits, the demand for buckwheat continues to gain momentum. This grain has become a popular choice due to its naturally gluten-free composition, making it ideal for health-conscious individuals and those with dietary restrictions, such as celiac disease.

The growing preference for gluten-free, organic, and plant-based products is aligning perfectly with the increased demand for buckwheat. Consumers are becoming more health-conscious, looking for alternatives that can provide better nutrition and support a balanced lifestyle. Buckwheat offers a wealth of nutritional benefits, including protein, dietary fiber, B vitamins, and essential minerals like magnesium, which adds to its appeal among consumers seeking wholesome, natural food options. Furthermore, as the awareness of food allergies and intolerances rises, buckwheat's role as a glutenfree alternative has solidified its position in the market.

The conventional buckwheat segment is leading the market, generating USD 457.7 million in 2024, and is forecasted to grow at a CAGR of 2.9% during the forecast period. Conventional buckwheat products are widely available and are more affordable, making them an attractive option for price-sensitive consumers. This segment's steady growth can be attributed to its broad availability in the market and the rising preference for affordable yet nutritious alternatives in the global food industry.



In terms of product types, the buckwheat groats segment holds a significant market share of 39.3% from 2025 to 2034. Groats are valued for their outstanding nutritional profile, with high protein and fiber content and an array of essential vitamins and minerals. These benefits position buckwheat groats as a nutritious, versatile food option that caters to the demands of health-conscious consumers.

China Buckwheat Market reached USD 126 million in 2024 and is projected to expand at a CAGR of 3.1% through 2034. Increased demand for gluten-free, plant-based, and health-oriented products is driving growth in this region. With the rise of vegetarian and vegan lifestyles, buckwheat is increasingly seen as a valuable ingredient due to its versatility and nutritional benefits. Its usage in gluten-free flour, noodles, and snacks has significantly boosted its popularity.

Leading players in the Global Buckwheat Industry include Bob's Red Mill Natural Foods, Krishna India, Bulk Barn Foods, Minn-Dak Growers, Wilmar International, Lee Kum Kee, Archer Daniels Midland Company (ADM), Skvyrskyi Grain Processing Factory, Birkett Mills, UA Global, Galinta, Ningxia Newfield Foods, and Homestead Organics. To expand their presence, companies are focusing on organic product lines, sustainable farming practices, and expanding global sourcing networks. Many are also enhancing product shelf life through modern milling technologies and packaging innovations while forging partnerships with local farmers to ensure a reliable supply chain and product traceability.



### **Contents**

#### **CHAPTER 1 METHODOLOGY & SCOPE**

- 1.1 Market scope & definition
- 1.2 Base estimates & calculations
- 1.3 Forecast calculation
- 1.4 Data sources
  - 1.4.1 Primary
  - 1.4.2 Secondary
    - 1.4.2.1 Paid sources
    - 1.4.2.2 Public sources

#### **CHAPTER 2 EXECUTIVE SUMMARY**

2.1 Industry synopsis, 2021-2034

#### **CHAPTER 3 INDUSTRY INSIGHTS**

- 3.1 Industry ecosystem analysis
  - 3.1.1 Factor affecting the value chain
  - 3.1.2 Profit margin analysis
  - 3.1.3 Disruptions
  - 3.1.4 Future outlook
  - 3.1.5 Manufacturers
  - 3.1.6 Distributors
- 3.2 Supplier landscape
- 3.3 Profit margin analysis
- 3.4 Key news & initiatives
- 3.5 Regulatory landscape
- 3.6 Impact forces
  - 3.6.1 Growth drivers
    - 3.6.1.1 Increasing consumer demand for gluten-free and nutrient-rich foods
    - 3.6.1.2 Expanding applications in food, beverage, and nutraceutical industries
    - 3.6.1.3 Government support and sustainable farming practices
  - 3.6.2 Industry pitfalls & challenges
    - 3.6.2.1 Fluctuations in buckwheat production due to climate and weather conditions
    - 3.6.2.2 Limited consumer awareness in emerging markets
- 3.7 Growth potential analysis



- 3.8 Porter's analysis
- 3.9 PESTEL analysis

### **CHAPTER 4 COMPETITIVE LANDSCAPE, 2024**

- 4.1 Introduction
- 4.2 Company market share analysis
- 4.3 Competitive positioning matrix
- 4.4 Strategic outlook matrix

## CHAPTER 5 MARKET ESTIMATES AND FORECAST, BY SOURCE, 2021 - 2034 (USD MILLION) (KILO TONS)

- 5.1 Key trends
- 5.2 Organic
- 5.3 Conventional

## CHAPTER 6 MARKET ESTIMATES AND FORECAST, BY FORM, 2021 - 2034 (USD MILLION) (KILO TONS)

- 6.1 Key trends
- 6.2 Groats
- 6.3 Flour
- 6.4 Flakes
- 6.5 Others

### CHAPTER 7 MARKET ESTIMATES AND FORECAST, BY APPLICATION, 2021 - 2034 (USD MILLION) (KILO TONS)

- 7.1 Key trends
- 7.2 Food & beverages
- 7.3 Animal feed
- 7.4 Personal care & cosmetics
- 7.5 Others

### CHAPTER 8 MARKET ESTIMATES AND FORECAST, BY REGION, 2021 - 2034 (USD MILLION) (KILO TONS)

8.1 Key trends



- 8.2 North America
  - 8.2.1 U.S.
  - 8.2.2 Canada
- 8.3 Europe
  - 8.3.1 Germany
  - 8.3.2 UK
  - 8.3.3 France
  - 8.3.4 Spain
  - 8.3.5 Italy
  - 8.3.6 Netherlands
- 8.4 Asia Pacific
  - 8.4.1 China
  - 8.4.2 India
  - 8.4.3 Japan
  - 8.4.4 Australia
  - 8.4.5 South Korea
- 8.5 Latin America
  - 8.5.1 Brazil
  - 8.5.2 Mexico
  - 8.5.3 Argentina
- 8.6 Middle East and Africa
  - 8.6.1 Saudi Arabia
  - 8.6.2 South Africa
  - 8.6.3 UAE

#### **CHAPTER 9 COMPANY PROFILES**

- 9.1 Archer Daniels Midland Company (ADM)
- 9.2 Birkett Mills
- 9.3 Bob's Red Mill Natural Foods
- 9.4 Bulk Barn Foods
- 9.5 Galinta
- 9.6 Homestead Organics
- 9.7 Krishna India
- 9.8 Lee Kum Kee
- 9.9 Minn-Dak Growers
- 9.10 Ningxia Newfield Foods
- 9.11 Skvyrskyi Grain Processing Factory
- 9.12 UA Global



9.13 Wilmar International



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