



*"It all starts with the choice of grain, which is first a question of place and time."  
-- Karen Hess, A Century of Change in the American Loaf*

The Greenmarket Regional Grains Project is pioneering the new frontier in local food: grains. With our partners, we're building the marketplace for grains grown and milled in the northeast. We are educating and connecting growers, processors, bakers and chefs -- sparking a rise in demand for local grains while helping ensure the crop supply and processing infrastructure are there to meet that demand.

The evidence is clear: Regional grains have arrived.

## Upcoming Market Dates

The Grainstand continues its weekly presence at [Union Square Wednesdays](#) , from 8 a.m. to 4 p.m. We

will return to [Union Square Saturdays](#) starting September 10 and pop-up at other markets listed below.

- o August 17: [USQ Wednesday](#)
- o August 24: [USQ Wednesday](#)
- o August 28: [Jackson Heights Sunday](#)
- o August 31: [USQ Wednesday](#)
- o September 7: [USQ Wednesday](#)
- o September 10: [USQ Saturday](#)
- o September 10: [Grand Army Plaza Saturday](#)
- o September 10: [Greenpoint/McCarren Park Saturday](#)

Retail and pre-ordered bulk bags are available at Union Square Greenmarket every Wednesday, as well as frequent pop-up markets. [Check availability and pricing here.](#) To pre-order and for more information, please e-mail us. Wholesale orders of \$250 or more can be delivered through [Greenmarket Co.](#), GrowNYC's wholesale distribution program.

## Event Highlights: Beer and Spirits of New York

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**August 19:** Don't miss the last of the [Greenmarket Summer Fridays](#), from 4 to 9 p.m. in Union Square. Dance to live music, drink beer and cider made with regionally grown grains and hops, and do some night shopping at the night market. You can also take home a bottle of beer or spirits made with locally grown grains from the [Beer and Spirits of New York Pop-up](#) operating from 12 pm to 9 pm.

**Sept. 10 through Nov. 24.** This fall the [Beer and Spirits of New York Pop-up](#) will once again join the GrowNYC Grainstand at Greenmarket. New Yorkers will be able to shop for local flours and grains while sampling bites, beers, spirits and ciders made with locally grown ingredients. This is a great chance to meet and shop at the cideries, distilleries and breweries taking advantage of the NY State farm brewery and farm distillery legislation. Thanks to funding from Empire State Development, the pop-up will appear from September until Thanksgiving at these Saturday Greenmarkets:

- **Union Square and Grand Army Plaza:** Sept. 10, 17, & 24; Oct. 1, 8\*, 15, 22, & 29; Nov. 5, 12, & 19
- **Greenpoint/McCarren Park:** Sept. 10, 17, & 24; Oct. 1
- **Fort Greene:** Oct. 15, 22, & 29; Nov. 5

\* On Oct. 8 the pop-up will be at USQ only, and will not be attending Brooklyn markets due to the half marathon in Brooklyn.

## Featured Products

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### *Yellow Eye Beans*

The perfect summer legume for bean salads from [Vermont Bean Crafters](#). With thick skin and smooth interior, yellow eyes hold their shape even after plenty of mixing. Their potato-like flavor beautifully take on fresh herbs and crisp dressings. Mix up with some rosemary, sage and olive oil. Or throw in some grated carrot, toasted almonds and shredded chicken from last night's grill. You can also serve warm in a light broth with leeks and your favorite leafy green to cozy up with on a rare cool summer night.

Find 'em now alongside the full lineup of beans and berries at the Grainstand.

### *Einkorn: Pasta, Berries and Flour*

Known as the "Mother Wheat," einkorn is the oldest domesticated wheat. The small, pale-colored "farro piccolo" is higher in protein, trace minerals and essential amino acids than any other wheat.

[\(The iceman's last meal was evidently einkorn!\)](#) It is delicate and nutty when cooked whole, and when ground into flour it's perfect for pancakes, crackers, pasta, bread and more. Read below about the new 100% einkorn bread now available at USQ Greenmarket from Bread Alone Bakery. And come check out Sfoglini's einkorn macaroni, as well as whole einkorn berries and sifted einkorn flour -- [available only at the Grainstand!](#)

## Frederick Flour

Frederick wheat is a soft white winter variety. *What exactly does this mean you might ask?*

The quick decoder:

- Soft wheats have lower protein levels than hard wheats, making them well suited for all-purpose or pastry uses rather than bread baking.
- Winter wheat -- planted in the fall and harvested in the summer -- tends to have less protein than spring wheat. It's more popular in the Northeast where it's more challenging to plant in the cool, wet spring climate. It also beats the weeds because it starts growing at the first sign of the spring thaw.
- White wheat has a milder flavor than its counterpart red wheat. The bran in red wheat contains more tannins which cause stronger and sometimes bitter flavors. Reds are quite earthy and robust whereas whites, such as Frederick, are creamy, buttery and light.

Bottom line:

- Frederick flour, coming in around 9% protein, is a top pick for all-purpose and pastry baking. We're talking about pancakes, waffles, English muffins, pie crusts, shortcakes, biscuits, and quick breads like banana or zucchini. It is a whole grain flour that adds a rich, light flavor to complement nearly any add-in from berries and jams to syrup and toasted nuts. The batters and doughs may seem a bit more thirsty than bakers may be used to so not to worry if a touch more liquid is needed. Check out the below Peach Tart recipe for inspiration. Whether used for sweet or savory, Frederick wheat crusts are so much more than a vehicle for your favorite fillings.

## Recipe Highlights

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*Here are some perfect summer recipes using regional grains and flours available now from the Grainstand.*

- [Peach Tart](#) (pictured right), from our very own Henry Randall.
- Acclaimed Danish chef and author Trine Hahnemann's "[5 Kinds of Open Sandwiches on One Board](#)," the traditional way to enjoy the Nordic-style bread offered now at Bread Alone Bakery. (Read about it below!)
- [Einkorn Risotto from the New York Times](#)
- [Sesame Einkorn Crackers from the Bread Experience](#)



## News

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### ***The Rise of Einkorn at Greenmarket's Bread Alone Bakery***

The proof that regional grains are gaining a foothold in the marketplace could hardly be stronger than the example of [Bread Alone Bakery's](#) 100% einkorn loaf. Last month Bread Alone, one of Greenmarket's biggest and most beloved bakers, introduced a new line to their bread offerings: dense,



*Bread Alone's 100% einkorn loaf.*

delicious Nordic-style wood-fired loaves made with certified organic 100% New York-grown grains. Two of the three grains, rye and spelt, have seen supply growing steadily and reliably on farms across the Northeast for the past decade. It's that little-known small, pale grain that's having a true breakout moment: Einkorn. Originally grown in Mesopotamia tens of thousands of years ago, einkorn is the oldest domesticated wheat. Only in the past few years have bakers like Bread Alone Founder Sharon Burns-Leader, Pam Yeung of [Semilla](#), Gabe McMackin of [The Finch](#) and Steve Gonzalez at [Sfoglino Pasta Shop](#) started to discover its near-magical properties.

"The flour has a lot of natural oils in it," said Sharon of the einkorn flour she mills herself. "It feels very rich and luxurious. Your hands aren't dry - they pick up the oil; it's almost like almond flour." In baking, the einkorn acts more like a rye than a wheat, so Sharon rounds the dough with water instead of flour, a technique she learned from a fellow baker that made her feel "like I was let in on some kind of a major secret," she said. The flavor was a surprise too. "It has a really nutty flavor even though it's wheat," added Sharon. "It's a great example of how we don't know anything about what wheat tastes like."

Sharon's einkorn comes from the only farm growing it commercially in New York: Lakeview Organic Farm in Penn Yan. It's processed at Farmer Ground Flour in the Finger Lakes region. Its very existence in the region is eight years in the making -- a testament to the challenges of reviving grain production in the Northeast. Einkorn is prized not just for its baking and cooking qualities, but also for its simple genetic structure and digestibility, as well as its drought-tolerance in the face of climate change. Eli Rogosa, a pioneering wheat breeder who founded Heritage Grain Conservancy, journeyed to the Middle East to source seed (read about her journey in her new book). She started growing a small plot in Massachusetts in 2008, and spent the next eight years collaborating on field trials and marketing with partners like Cornell University's small-grains plant breeding department and the Greenmarket Regional Grains Project. The einkorn that the Marten's are growing, comes from seed sourced through the grant funded "Value Added Grains Project," anchored by Cornell University.

Supply remains a major challenge. "I know lots of millers and farmers who want to grow it out but don't know where to get the seed," said Sharon. The commercial availability of seed is in its infancy, but the market demand for einkorn is clear as customers pursue einkorn for its subtle and complex flavor, and nutritional benefits.

Bread Alone's new Nordic-style breads will surely spark more demand. Production quadrupled in just six weeks when they started selling it at USQ, to the present volume of 9 kilos a week. Each slice has 100% whole grain that's been ground, as well as cracked and soaked, sprouted whole, or cooked whole. The sweetness in each slice comes not from any sweetener, but from the grain itself. "It's like a meal in itself," said Sharon. "You don't need a bowl of rice, you have this slice of bread." For the rye and spelt breads, mix textures and flavors for the tasty, traditional rye culinary experience: Pickled herring, sour cream and cucumber, for instance, or smoked salmon, horseradish and something crunchy. We recommend trying the einkorn bread plain, or with a little butter and salt and just taste the flavor of this fascinating grain. Or you can make Sharon's granddaughter's favorite: grilled cheese sandwiches!

## ***Dispatch from The Maine Grain Alliance Kneading Conference***

*July 28, 2016, Skowhegan, Maine*

-- The 10th annual [Kneading Conference](#) and Maine Artisan Bread Fair kicked off in this quaint historic town with a pledge. At the prompting of keynote speaker Amy Halloran, author of [The New Breadbasket](#), the crowd stood and swore they would "tell everyone we know how awesome local



flour is." Just like that a new cadre of Local Flour Ambassadors were born.

Opening remarks from [Maine Grains](#) Founder, Amber Lambke, and Maine Grain Alliance's new Executive Director, Tristan Noyes, set the stage for two packed days of grain workshops covering everything from reviving ancient seeds and harvesting by scythe, to building earth ovens, to all manner of baking demos.

A sampling:

- Building an Earthen Oven with Stu Silverstein
- Maine's Corn Keepers, with Albie Barden and Adam Nordell
- Wood-Fired Production Baking with Michael Rhoads and Ben Tock
- The Rise of Local Grains in Maine's Craft Beer with Joel Alex, Jason Perkins, Jeff Powers and Nathan Sanborn
- Great Grains: A Baker's Playground with Cyril Hitz
- Grilled Pizza with Andrew Janjigian
- The Rise of the Scythe with Jesse Cottingham
- People, Planet and Prosperity in Business with Kate Wheatcroft, Molly Culver and Ben Flanner
- Equipping the Revival of Heritage Grains with Richard Roberts, Geoff Johnson and Mark Fulford
- Stone Milling Fresh Flour for a Bread Bakery with Andrew Heyn and Blair Marvin
- Baking with Einkorn with Eli Rogosa



*Andrew Janjigian serves up grilled pizza.*

On the heels of the conference was the Bread Fair on Saturday, brimming with delectable sourdoughs, pretzels, Johnny Cakes, wood-fired pizza and buckwheat ployes for sale, as well as the latest in cutting edge baking hardware and vintage gems. Folks gathered from across Maine and the Northeast to tour the legendary Maine Grains mill and food hub, converted spectacularly from an old county jail. Colossal grain bins guided the visitor into the loading dock, which holds pallets of the iconic Maine Grains sacks and a roller for oats and rye. Behind second story barred windows sits a mammoth Ostiroller stone mill and -- great news for folks who can't get enough of the region's finest rolled oats -- a new oat and buckwheat dehuller so Amber can make more! Down the halls of cells-turned-offices and the control booth-turned-radio station is the Skowhegan Farmers' Market and a soon-to-be café on the ground floor.

We look forward to the continued success of Maine Grains and are thrilled to bring their products to the Grainstand!

-- By Henry Randall, Grainstand sales rep extraordinaire

The Greenmarket Regional Grains Project and the Grainstand are programs of GrowNYC, the sustainability resource for New Yorkers: providing free tools and services anyone can use in order to improve our City and environment. More gardens, greenmarkets, more recycling, and education for all.  
Learn more at [www.grownyc.org](http://www.grownyc.org)

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