





# 15 Reasons to Eat Locally Grown Grain

- 1. Local grains taste better.** Farmers grow a diverse variety of wheat and other grains, and these products travel a more direct path from the field to your pantry. Without the conventional additives, local grains have more interesting flavor profiles and taste fresher.
  - 2. Local grains have more character.** From their behavior in the bowl to their nutritional value, local grains are “alive”, making them more fun to work with and better for your body.
  - 3. Local grains build healthy soils.** Growing grains can prevent soil erosion and add organic matter to soils, building their fertility. In other words: Local grains help support the local vegetables we love!
  - 4. Supporting local grains rebuilds regional food systems and the regional economy.** In addition to the on-farm jobs they support, local grains require processing, storage, and distribution. This means more regional-scale infrastructure and jobs in these facilities. It also paves the way to create other regional food infrastructure for products like meat, pickled and processed goods, and more.
  - 5. Nothing makes truly “artisan” bread like truly artisan grains.** Bakers using regional grains are constantly innovating to celebrate the diverse flavors and characteristics of local grains, creating a richer array of products.
  - 6. If eating emmer makes you sexy, eating einkorn makes you even sexier.** Need we say more?
  - 7. Local grains increase the diversity of products farmers can grow.** This makes their businesses stronger and more resilient. It also makes local ecology more resilient by increasing biodiversity.
  - 8. Greenmarket farmers grow these products really, really well.** They do magic with tomatoes; imagine what they can do with spelt.
  - 9. You shouldn't have to go to Brighton Beach to get good buckwheat and rye bread.**
  - 10. Heritage corn makes better polenta, better tortillas, and better bourbon.**
  - 11. You can cook it, bake it, brew it AND distill it.**
  - 12. Local grains are traceable.** No GMOs. No secrets. Just ask your farmer.
  - 13. “Warthog” is fun to say.** Our farmers love it for its beautiful agronomic traits. Our bakers love it for its rich flavor. We just like the way it sounds.
  - 14. Because the “staff of life” should be local, too.**
  - 15. Bread is agriculture!** And so is beer, whiskey, cake, and granola.
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