

## Grains and Flours IN OUR REGION

*Check for availability.*

*Retail sales at Union Square Greenmarket and other locations.*

*Wholesale through Greenmarket's wholesale distribution arm,  
Greenmarket Co.; Prices upon request.*

**Buckwheat\*** High in amino acids and vitamins. Best as toasted whole groats, or “kasha.” Flour is best for pancakes, crepes, biscuits, soba noodles.

**Cornmeal & Polenta\*** Made with flint, or “Indian” corn, and dent corn.

**Einkorn** An “ancient grain,” high in protein content and minerals. Best for cooking whole and using flour for pancakes and crackers.

**Emmer (Farro)** An “ancient grain,” best as a cooked grain and for pasta and flat breads.

**Freekeh** Wheat that is harvested green and roasted. Toasted, mildly sweet flavor. High in protein, minerals and fiber, very low in gluten. Best in soups and stews.

**Oats\*** Rolled or cracked, flour upon request.

**Rye** Low gluten, bold, assertive flavor. Blended with wheat for bread. Grains can be cooked whole or as cracked rye.

**Spelt** An “ancient grain,” low gluten, high protein content. Flour used for bread, pasta, crackers.

**Triticale** A wheat-rye hybrid. High protein, low gluten. Best for breads, pancakes, crackers.

**Wheat flours** *Whole and sifted, all-purpose & pastry flour, special blends*

- **Hard wheat, or “bread flour”** Higher protein content, best for baking bread.
- **Soft wheat, or “pastry flour”** Lower protein content, best for pastry and flat breads.
- **All purpose** A blend of hard and soft wheat.
- **Winter wheat** Lower in protein, higher in minerals, best for yeasted bread.
- **Spring wheat** Highest of all in protein content, used for bread flour.
- **Red Fife wheat** The first heritage wheat available in the region. Higher nutritional density. Best for robust, artisanal breads. Produces a crust with a reddish hue.

\* No gluten



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### Contact us.

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## A Resource for Grains & Flours in the Northeast

**The Greenmarket Regional Grains Project** is helping re-establish grain production in the Northeast. Greenmarket's customers, both wholesale and retail, are driving the push for new — and very, very old — varieties of wheat and grain to be grown in the region. The result is a blossoming Northeast grains economy with new infrastructure and distribution networks, and hundreds of new acres being planted in grains. A region-wide dialogue between customers and producers about taste, quality and nutrition grows livelier by the day.

Roller milled, stone ground, heritage, ancient, high extraction, gluten free, low gluten, special blends — all these and more are now available.



## The three ANCIENT GRAINS

### Emmer

Emmer, or *triticum dicoccum*, is often referred to as “farro,” an umbrella term for any grain with a hull. Emmer is the precursor to durum wheat, widely used in pasta. It grows well without chemical inputs and can tolerate stressful growing conditions, making it one of the more sustainable grains. Emmer is known for its distinctive flavor, described as “hearty and robust.” It makes excellent pasta, and can be used for breads, cooked whole, or made into beer and spirits.

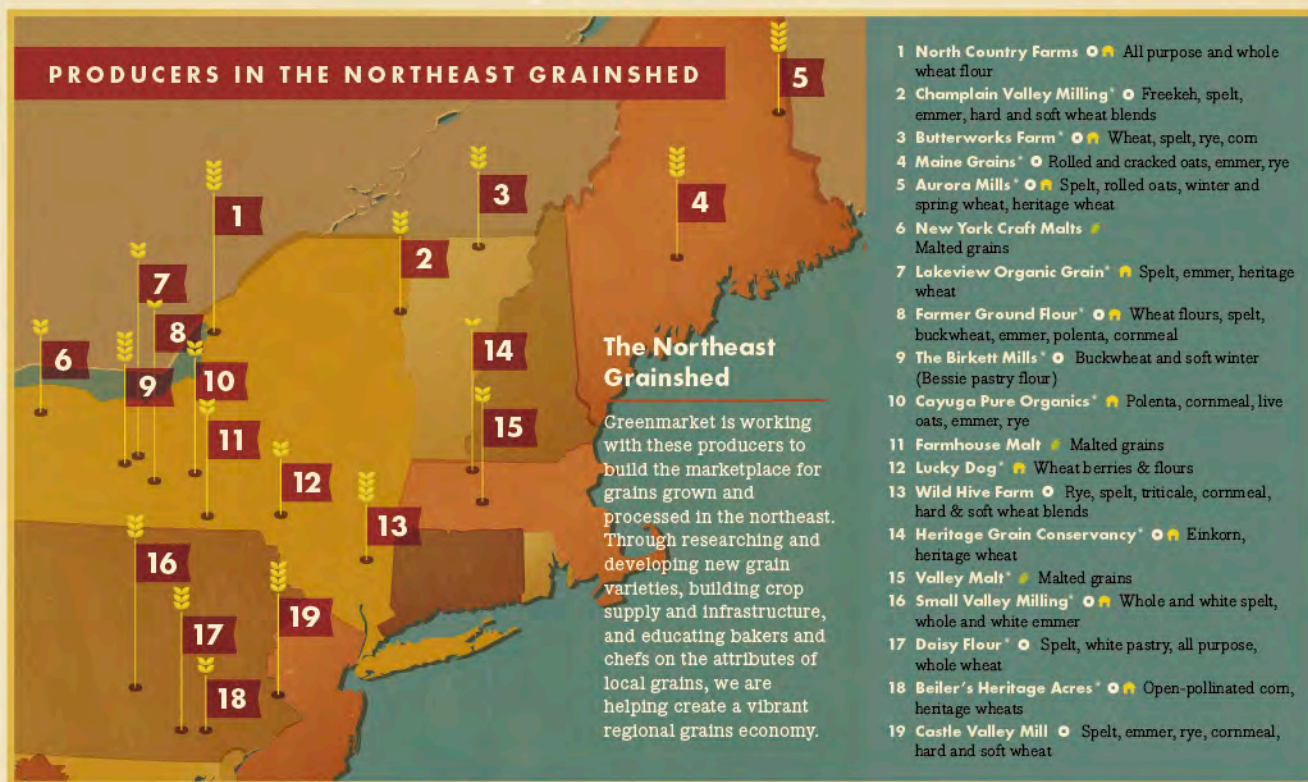
### Spelt

Spelt, or *triticum spelta*, is the youngest of the ancient grains and is the precursor to domesticated bread wheat. It has been grown in the United States for several hundred years, and has had a steady presence in health food stores as an alternative to white bread. With a wholesome nutty flavor, it is now being discovered by artisan bakers using it for naturally fermented breads and pastries. It can also be used whole, made into pasta or malted for beer. Some people with gluten sensitivity find they are able to digest spelt.

### Einkorn

Einkorn, or *triticum monococcum*, was domesticated in ancient Mesopotamia in the Fertile Crescent. It is referred to as the “Mother Wheat,” from which all other wheat descended. Einkorn has never been hybridized. It is high in mineral content, thiamin, the antioxidant lutein, and B vitamins. The carotenoids in the grain give it an orange tint. It has excellent flavor, and can be used to make bread, pasta, pancakes and malted for beer. Although it does contain some gluten, many people with wheat and gluten sensitivities have found it safe to eat.

**A note on the term farro.** The Italian term “farro” refers to a grain with a hull, and therefore could be emmer, spelt, einkorn or barley. If you put emmer on your menu, we suggest you list it as “emmer” or “emmer (farro),” rather than the less precise term farro.



### What are “ANCIENT GRAINS”?

The phrase ancient grains refers to einkorn, emmer & spelt. All three are in the wheat family, and descend from varieties that were domesticated at the dawn of agriculture.

All have:

- Higher protein content than modern wheat
- Lower gluten than modern wheat
- Many nutritional benefits
- Great flavor!

**A note about protein.** Protein content is perhaps the most crucial difference between local and commodity flour. Commodity flour blends grains in order to achieve consistent protein levels. Local grain flours, in contrast, tend to come in with a lower protein content because of growing conditions in the Northeast, which fluctuate from year to year. Bakers who work with local flour modify their practices to embrace this inconsistency. By adjusting hydration and allowing for longer fermentations (in the case of naturally leavened breads), bakers using local flour are creating superb products.

### What is HERITAGE WHEAT?

- The term “heritage wheat” refers to any variety that existed before the introduction of high-yielding, hybridized grains during the Green Revolution in the mid-20th century.
- Heritage wheats are open-pollinated, which means they vary genetically from generation to generation. This fuels biodiversity and stronger farming systems. Open pollination also produces seeds that are better able to adapt to local conditions — critical for plant resiliency in the face of increasing weather fluctuations due to climate change.
- Heritage wheats tend to be taller, with larger root systems than modern wheat.
- Some varieties of heritage wheat now being trialed for commercial production: Red Fife, Marquis, Fulcaster, Rouge de Bordeaux, Turkey Red