

# GREENMARKET'S REGIONAL GRAINS PROJECT



"Egyptian Bakery," from the Critical Thinking Consortium: <https://tc2.ca/sourcedocs/picture-sets/topics1/ancient-egypt/daily-life.html>.

*"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

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[The Grainstand](#) continues its weekly presence at the Union Square Greenmarket on [Wednesdays](#) and [Saturdays](#).

[#drinklocal](#) : Beer & Spirits of New York pop-ups continue at Union Square Wednesdays and Fridays and at our weekend rotating stand. You can stay current with pop-up news at [grownyc.org/drinklocal](http://grownyc.org/drinklocal) and explore what New York State craft beverage producers have to offer at the following locations:

## *Grainstand and Beer & Spirits Pop-up Locations:*

Saturday, April 14th	Union Square	Springbrook Hollow Farm
Saturday, April 14th	<b>Grand Army Plaza</b>	Kings County Distillery
Wednesday, April 18th	Union Square	Nahmias et Fils Distillery
Saturday, April 21st	Union Square	Breuckelen Distilling
Sunday, April 22nd	<b>Jackson Heights</b>	Cooperstown Distillery
Wednesday, April 25th	Union Square	Moto Spirits
Saturday, April 28th	Union Square	Hudson Valley Distillers
Saturday, April 28th	<b>Fort Greene</b>	Harvest Spirits Farm Distillery
Wednesday, May 2nd	Union Square	Prohibition Distillery
Saturday, May 5th	Union Square	Hudson Valley Distilling
Saturday, May 5th	<b>Inwood</b>	Van Brunt Stillhouse
Sunday, May 6th	<b>79th Street</b>	Hillrock Farm Distillery
Wednesday, May 9th	Union Square	Breuckelen Distilling
Saturday, May 12th	Union Square	Neversink Spirits
Saturday, May 12th	<b>Grand Army Plaza</b>	Strong Rope Brewery

Pre-ordered bulk bags are available at the Union Square Greenmarket every Wednesday and Saturday. [Check availability and pricing here](#). To place an order or if you'd like more information, please e-mail us. Wholesale orders of \$250 or more can be delivered through [Greenmarket Co.](#), GrowNYC's wholesale distribution program.

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## Events & Press

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### [Whole Grain Bread at Home NYC Meet-Up](#)

[Monk McGinn's](#), NYC

April 23rd

Baking with Whole Grains at Home: Intro & Planning: This inaugural meet-up is intended for home bakers (current and potential) and will emphasize whole grains and other topics related to healthful bread. It is free and open to all. All you need is an interest in real bread

and enthusiasm. No baking experience required. RSVP [here](#).

## Good Bread Healthy Communities, Hosted by Maine Grains

[Cook Space](#), Brooklyn

May 10th

Join [Maine Grains](#) Co-Founder and President Amber Lambke and guests to delve into the mystery and wonder of whole grain baking, using regional grains. A discussion with millers, bakers, and shakers working with local grains. Details Coming Soon.

## The 1st International Conference of Wheat Landraces For Healthy Food Systems

Alma Mater Studiorum, University of Bologna, Italy

June 13-15th

This conference brings together like-minded scientists to discuss the topics of landraces, including modern populations and ancient and heritage wheat, with a focus on health and nutrition as well as natural flavors and aromas. These scientists have recognized the varied problems that many modern wheat varieties are causing, and they have been studying alternatives to this kind of modern wheat as well as current industrialized farming systems and high speed, high volume food processing models. Register [here](#).

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## Featured Grain: Einkorn, the "Mother Wheat".

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This month we're spotlighting einkorn, an ancient wheat that's gotten some buzz lately--but there's so much more to say! Einkorn is an ancient wheat considered to be the first or *mother* wheat domesticated from wild grass approximately 10,000 years ago. Varieties of einkorn (*triticum monococcum*) are the oldest wheat relative being grown on a commercial scale today. Like spelt and emmer, einkorn is considered *farro* because its hull does not thresh free during harvest. Unlike spelt and emmer, it is *not* a direct ancestor of modern wheat but is rather a close cousin of *triticum urartu*, the wild species that is thought to be the originator of bread wheat's A genome. Einkorn has been gaining in notoriety as some consumers with gluten sensitivities are able to digest the grain, however those with celiac should still avoid it as it does contain gluten.

Einkorn has a light, sweet, and subtle but complex flavor along with a slight orange hue due to beta-carotene content found in the grain. Einkorn is relatively high in protein but low in gluten, which can make it tricky for bread bakers to work with -- although, we are seeing a few great loaves as bakers experiment with the flour. Like all whole grains, einkorn works well in a grain salad or soup, or to add texture to oatmeal or porridge. As a flour it can be used to perk up the flavor and nutritional content of any breads or baked goods. And though it is very low in gluten, it can be used to make a delicious and moist bread! Ready to give it a shot? Here's a sprouted einkorn bread recipe from the [Heritage Grain Conservancy!](#)

You can find einkorn flour and berries at the [Greenmarket Grainstand](#), or purchase berries, flour, and seed through the Heritage Grain Conservancy at [growseed.org](#).

# Easy No-Knead Slow-Rise Einkorn Sprout Bread

## Ingredients

- 5 cups einkorn Flour
- 1/2 cup einkorn Berries
- 2 cups warm spring or well water
- 1 tablespoon maple syrup
- 1 tablespoon sea salt
- 1 teaspoon olive oil
- 1 half cup chia seeds
- 1 tablespoon sourdough starter or a pinch of yeast

## Instructions

- **Day 1 - Sprouts & Starter:** Soak einkorn berries overnight. Rinse. After the next day or two, lightly blend the sprouts, adding a tablespoon of maple syrup and 1/2 cup water. Mix 1 cup warm spring water and 1 cup einkorn flour with starter or yeast to activate.
- **Day 2 - Bread Dough:** Mix the yeast mixture and blended sprouts with salt, oil, chia seeds and the last half cup of water. Add einkorn flour until it forms a workable dough. Fold dough sides into the center several times and shape into a ball. Rest for around 30 minutes. Dust your working surface with flour. Oil or flour your hands and form into a loaf. Dust the loaf well with flour and place in an oiled, floured bread pan. Score the loaf and cover with a plastic bag. Let rise in the refrigerator overnight.
- **Day 3 - Bake:** Preheat oven to 325. Place a pan of water in the bottom of the oven to increase the humidity for a well caramelized crust. After 50 minutes of baking, turn off the oven while keeping the door closed. Remove bread from the oven after another half hour. Enjoy!



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## Featured Innovator: Eli Rogosa

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### Eli Rogosa, Farmer, Seed Saver, and Director of the Heritage Grain Conservancy

Eli Rogosa is a radical grain visionary who has worked tirelessly around the globe to preserve and promote what she refers to as "our biological

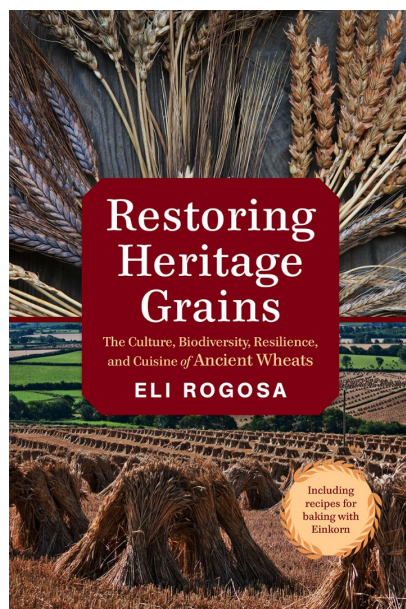


heritage," the wealth of ancient, heritage, and landrace wheats that make up the backbone of the regional grains project.

A Long Island native, Eli's passion for agriculture was catalyzed when, while studying at

Antioch College in Yellow Springs, Ohio, she had the opportunity to study biodynamic horticulture\* at Emerson College in the United Kingdom. Through her work with an agricultural extension agency in the Middle East, Eli was able to make connections with farmers and scientists in the very landscape that saw the development of human agriculture. It was one of these connections, with the head of the Israeli gene bank, that helped Eli discover einkorn while attempting to make a traditional matzoh with native ancient wheat. Eli could find einkorn (or its wild relatives) growing around bus stops, but just as in many cultures, people had lost their connection with this piece of their biological heritage. With the help of funding from Anson Mills and the European Union, Eli was able to cooperate with Palestinian peasant farmers to explore and reintroduce the wealth of genetic diversity that exists in the Middle East as she collected strains of Einkorn in the Carpathian mountains in Eastern Europe for trial at her farm in Massachusetts. Eli has been a pioneer in introducing ancient wheats to the Northeast.

Out of this work was born the [Heritage Grain Conservancy](#), a biodynamic\* farm that Eli and her spouse CR Lawn (of Fedco Seeds fame) operate in western Massachusetts. Eli and CR work to grow out einkorn and other wheat populations along with landrace wheats, from gene banks in the Middle East and Europe and adapt those varieties to the climate and conditions of the northeast. A landrace is a population of a crop that, due to a lack of hybridization or selective breeding, remains genetically diverse and can adapt to its environment and climate. Rogosa's work with landraces emphasizes plants' resilience in the face of climate change and their interdependence with the ecosystem as evidenced by their stronger reliance with mycorrhizal fungi and leguminous nitrogen fixing bacteria for nutrients. Phew! That's a mouthful, but may account for the flavor-fullness of the grains Eli has been shepherding.



In addition to her work on the farm, Eli is working to restore a bakery in King's Park, Long Island that she hopes will be a space for workshops and retreats accessible to people from the city. Eli funds her conservation efforts through sales of freshly ground einkorn flour and baked goods which you can order on [Heritage Grain Conservancy's](#) website, [www.growseed.org](http://www.growseed.org). The website and Eli's book "[Restoring Heritage Grains](#)" are both excellent resources for learning about and baking with heritage and ancient wheat. In Eli's words: "There is work for everyone here. I'm someone who wants to help people share the seeds and empower growers"

\*Biodynamics is a school of agriculture that takes a spiritually motivated, biodiverse, and ecosystem level approach to organic production.

## Donate to the Regional Grains Project

The Greenmarket Regional Grains Project is more committed than ever to building a resilient regional food system through linking urban and rural communities.

Make donations to GrowNYC [here](#). Be sure to note "GRAINS" if you'd like your donation to fund our project. Thanks!

[Project Farmhouse](#), GrowNYC's sustainability center and events space, is available for rent for your next party, meeting, or conference.

This unique space, just steps from our iconic Union Square Greenmarket, features a projection wall and sound system, a Boffi Soho kitchen, hydroponic living wall, and more. You can also feel good knowing your rental fee will support public programming focused on the environment and the good food movement.

Project Farmhouse encompasses 3,500 square feet, and it can host 240 people for a cocktail party, or 100 people for a sit-down affair.

[Click here](#) to book Project Farmhouse.

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)

