



"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.

Cover Photo: Farmer Ground Flour Mill. *R. Dimmitt/GrowNYC*

Nothing pairs better with the fresh bounty at an August Greenmarket than flavorful pasta made with ancient and heritage grains!

Upcoming Market Dates

The Grainstand continues its weekly presence at Union Square on Wednesdays and Saturdays. Our rotating stand will be back in the fall! Here is our schedule for August, along with participating craft beverage producers:

- August 2 USQ Wednesday, [Prohibition Distillery](#)
- August 5 USQ Saturday, [Albany Distilling Co.](#)
- August 9 USQ Wednesday, [Atsby Vermouth](#)
- August 12 USQ Saturday, [Cooperstown Distillery](#)
- August 16 USQ Wednesday, [Van Brunt Stillhouse](#)
- August 19 USQ Saturday, [Moto Spirits](#)
- August 23 USQ Wednesday, [Nahmias et Fils Distillery](#)
- August 26 USQ Saturday, [Threes Brewing](#)
- August 30 USQ Wednesday, [Atsby Vermouth](#)

Pre-ordered bulk bags are available at 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.

New Products



From Wild Hive Farm: Fancy Bulgur Wheat



From RISE Flour: Made from 100% spent barley malt from New York Craft Malt and Strong Rope Brewery

Featured Grain: Pasta!

As the temps rise this summer and you're thinking grains just won't make the cut for dinner, think again. Pasta is a quick and easy way to make a delicious, filling and healthy meal.

One of the Grains Project's first partnerships was with Sfoglini Pasta in Brooklyn. Sfoglini has been making



pastas with einkorn, emmer and spelt to assist with market development for those grains. (for more info, see our website, [Emmer Variety Quality Evaluations, 2014](#)) Cooking up in less than 10 minutes, the pastas are perfect for tasting the incredible flavor of ancient grains, with minimal dressing up. It's no wonder these are among our best-sellers.



At the Grainstand, you can learn about the role of the ancient grains in the human diet for thousands of years, their benefits to farmers as a high value and resilient crop, and their natural nutrient density.

As with other products found at the Grainstand, the flavors have the final say! Have a whole mess of herbs and greens, maybe some fresh onions and a scallop or two? Saute away and toss with Rye Trumpets. You won't be sorry.



For those looking to make pasta from scratch (fun for the kids while school's still out!), there are several flours available for all sorts of creations. Try durum flour, or its predecessor emmer, for a robust nutty flavor that sings with just some butter or oil, pine nuts or a dab of pesto. Wild Hive's 00 Bread Flour makes wonderfully soft and pliable pasta sheets for ravioli or tortellini, to be filled with anything of your choosing, or a simple tagliatelle to toss with a fresh tomato and zucchini ragout.

Cook and cool for a knock-out cold pasta salad. So, as the summer heat sinks in and you're thinking, "I'm not cooking until October," come grab a box of pasta for a light, flavor-packed meal.

Featured Recipes:

- Easy Italian Pasta Salad
- BLT Pasta Salad
- Pasta with Green Beans and Potatoes
- Summer Pasta with Zucchini, Ricotta, and Basil
- Clam Pasta with Basil and Hot Pepper
- Creamy Corn Pasta with Basil
- Turkey Sausage and Broccoli Pasta
- Orecchiette with Mixed Greens and Goat Cheese

Featured Innovator:
Peter Endriss, Head Baker/Co-owner of Runner and Stone

"I love it when people



ask 'Why am I paying \$7 for a loaf of bread?!' It gives me the chance to say bread should cost \$7 a pound. That makes sense. Everything else you know is wrong."



Head Baker Peter Endriss with his Assistant Head Baker at Runner & Stone in Gowanus, Brooklyn

Peter Endriss, head baker and co-owner of [Runner & Stone](#), did not set out to become a bread baker. He studied environmental science in college and transitioned into the field of civil engineering after graduation.



Daily pastry and bread selection at Runner & Stone

Endriss felt that was the sensible career path but found himself drawn to kitchen life, something he was familiar with from his school days when he worked in food service. In 2001, Endriss fully transitioned into a career in food service, first as a savory chef. Eventually he found his way into bread baking. One of his earliest baking experiences was at [Amy's Bread](#). He joined the team when they were developing an organic line of breads. At the time, this set Amy's apart from most bakeries, since very few were using organic flour. (It would still be at least a decade before local flour was readily available.) After several stints in Europe, as well as assisting with the development of [Per Se's](#) bread program, Peter decided to take the leap and launch his own project. [Read More.](#)

Donate to the Greenmarket 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!

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

