

GREENMARKET'S REGIONAL GRAINS PROJECT



GREENMARKET REGIONAL GRAINS PROJECT Newsletter July 2017



"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*

*Whether you're nuts for berries or go
bananas for stone fruit, GRGP is
here to set you up for successful
trifle making, cobbler baking, and*



Peach Polenta Cobbler, photo
by Gabrielle Stern

*milling, cobbler-baking, and
pie-creating with a unique selection
of regionally grown grains and
flours.*

Upcoming Market Dates

[The Grainstand](#) is coming to [Jackson Heights](#) this Sunday! The retail stand also continues its weekly presence at Union Square on [Wednesdays](#) and [Saturdays](#). Here is our schedule for the rest of July, along with the participating craft beverage producer:

- July 1 [USQ Saturday](#), [Nahmias et Fils](#)
- July 2 [Jackson Heights](#), [Hudson Valley Distillers](#)
- July 5 [USQ Wednesday](#), [Cooperstown Distillery](#)
- July 8 [USQ Saturday](#), [Taconic Distillery](#)
- July 12 [USQ Wednesday](#), [Atsby Vermouth](#)
- July 15 [USQ Saturday](#), [Van Brunt Stillhouse](#)
- July 19 [USQ Wednesday](#), [Port Morris Distilling](#)
- July 22 [USQ Saturday](#), [Threes Brewing](#)
- July 26 [USQ Wednesday](#), [Nahmias et Fils](#)
- July 29 [USQ Saturday](#), [Strong Rope Brewery](#)

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 [Champlain Valley Milling](#):
White Frederick Flour

From [Farmer Ground](#):
Red Fife Flour (Grown by Marten's Farm)

From [Regional Access](#):
Red Fife Berries (Returning)

Featured Grain: Soft White Winter Wheat



In the wheat family there are two general classes, red wheat and white wheat. Simply put, red wheats contain tannins in the bran and white wheats do not. Red wheats have a darker color as the tannins



impart a red hue and a mildly bitter flavor to the grain. Red wheats tend to be higher in protein (10-14%) making them well suited to hearth style breads, although there are soft red wheats in the family. White wheat varieties, bred without the tannins, vary in shades of yellow in the bran and tend to be a bit sweet, even buttery and creamy. Soft white wheats have a light, soft texture and tend to be lower in protein ranging from 7-9%. These make them great all-purpose and pastry flours. The cooked whole grain is also perfect for summer salads as the soft bran means shorter cooking time on the stove.

At the Grainstand you will find several white wheat options such as the frederick flour from Champlain Valley Milling available in both whole wheat and sifted (white) as well as whole berries. And of course Daisy Pastry Flour, legendary among pie aficionados for making excellent flaky pie crusts with this roller milled soft wheat flour, grown in PA and MD and milled at the Historic [Annvile Mill](#).

July is the height of pie season in the Northeast, with so much fresh summer fruit available: think strawberries, blueberries, cherries, blackberries and peaches. Pastry and all-purpose flours are used to make not only great pie crusts, but shortcakes, cookies, biscuits and pancakes.

Classic Pie Dough

Classic Pie Dough or "Pate Brissee"

Adapted from Martha Stewart via Julia Child via Madelein Kammen...

Yield: two 9-inch pie crusts

2 1/2 cups all-purpose or pastry flour

1 tsp salt

1 tsp sugar

2 sticks (1 cup) unsalted butter (or any combination of fats) chilled and cut into small pieces

1/4 - 1/2 cup ice water

1. Combine the dry ingredients and blend with a whisk or in a cuisinart.
2. Add the butter and gently process, either by hand, fork or food processor, until the mixture becomes course like polenta.
3. Gradually add the ice water until the dough comes together but is not wet.
4. Gather the dough into a ball and divide into 2 pieces. Gently press each piece into a 6 inch disk and wrap each disk in plastic. Allow the dough to rest in the refrigerator for at least 4 hours, or for up to 2 days, before rolling and baking. (The dough can be wrapped airtight and frozen for up to a month.)

5. When you are ready to bake the crust(s), preheat the oven to 350°F (180°C).

6. To par bake a pie crust, first poke holes in the crust with a fork, then line the crust with a circle of parchment paper or foil and fill with dried beans or rice. Bake the crust (or crusts) for 15 to 20 minutes, or just until very lightly colored. If the crust needs to be fully baked, remove the parchment and beans and bake the crust for another 3 to 5 minutes, or until golden. Transfer to a rack to cool.

****Note on using different flours.** Now that you have the basic recipe for pie dough, you can experiment with substituting different flours at different percentages and you will get more flavor from your crust. For example, try a pie dough substituting 1/2 cup white flour for emmer flour. Its' gonna go great with those mixed berries that are just coming in. Have fun! Summer has just begun.

For more guidance on Pie check out some of our favorite NYC pie specialists:

Millicent Souris [*How to Build a Better Pie*](#)

Four & Twenty Blackbirds [*Pie Book*](#)

Red Jacket Orchards [*Fruitful. Four Seasons of Fresh Fruit Recipes*](#)

Butter & Scotch [*Recipes from Brooklyn's Favorite Bar and Bakery*](#)

Featured Recipe: Sweet Rye Tart Dough

adapted from Smitten Kitchen

Yield: three 9-inch tart crusts.

2 1/2 sticks (10 ounces; 290 grams) unsalted butter, at room temperature

1 1/2 cups (150 grams) confectioners' sugar

1/2 cup ground blanched almonds (omit to stay local)

1/2 teaspoon salt

1/2 teaspoon pure vanilla extract

2 large eggs, at room temperature

2 1/2 cups all-purpose flour



1 cup Farmer Ground rye flour

1. To make the dough: Place the butter in the work bowl of a food processor fitted with the metal blade and process, scraping down the sides of the bowl as needed, until creamy. Add the confectioners' sugar and process to blend well. Add the ground almonds, salt, and vanilla and continue to process until smooth, scraping the bowl as necessary. Lightly stir the eggs together with a fork and, with the machine running, add them to the work bowl; process for a few seconds to blend. Finally, add the flours and pulse until the mixture just



starts to come together. When the dough forms moist curds and clubs and then starts to form a ball, stop! - you don't want to overwork it. The dough will be very soft, and that's just as it should be. (If you want to make the dough in a mixer, use the paddle attachment. First beat the butter until it is smooth, then add the remaining ingredients in the order given above. Just be careful when you add the flour - you must stop mixing as soon as the flour is incorporated.)

2. Gather the dough into a ball and divide it into 3 pieces. Gently press each piece into a disk and wrap each disk in plastic. Allow the dough to rest in the refrigerator for at least 4 hours, or for up to 2 days, before rolling and baking. (The dough can be wrapped airtight and frozen for up to a month.)

3. What makes this dough so delicious - lots of butter - also makes it a little difficult to roll. The easiest way to work with pate sucree is to roll it out between sheets of plastic wrap. Just flatten a large piece of plastic wrap against the counter and roll the dough between that and another piece of plastic. Turn the dough over often so that you can roll it out on both sides, and as you're rolling, make sure to lift the sheets of plastic several times so that they don't crease and get rolled into the dough. (If the dough becomes too soft, just slip it, still between plastic, onto a baking sheet and pop it into the fridge for a few minutes.) Remove one sheet of the plastic and center the dough (exposed side down) over the tart pan. Press the dough against the bottom of the pan and up the sides, removed the top sheet of plastic wrap and roll your rolling pin across the rim of the pan to cut off the excess. If the dough cracks or splits while you're working, don't worry - you can patch the cracks with leftover dough (moisten the edges to "glue" them into place). Just be careful not to stretch the dough in the pan (what you stretch now will shrink later). Chill for at least 30 minutes in the refrigerator. (Repeat with remaining dough, if necessary.)

4. When you are ready to bake the crust(s), preheat the oven to 350°F (180°C). Line the crust with a circle of parchment paper or foil and fill with dried beans or rice.

5. Bake the crust (or crusts) for 20 to 25 minutes, or just until very lightly colored. If the crust needs to be fully baked, remove the parchment and beans and bake the crust for another 3 to 5 minutes, or until golden. Transfer to a rack to cool.

Featured Innovator: Negro Piattoni, chef/owner of METTA



Chef Negro Piattoni, photo by Katie Burton

Not every kid is fortunate to grow up with an intimate understanding of the food system. Even fewer are able to turn that experience into a successful cooking career. Chef Norberto "Negro" Piattoni grew up in Argentina and learned to cook at a young age. He also learned slow food agricultural practices on his grandfather's farm. It was while studying chemical engineering at university that he discovered the other, darker, side of the food system: large scale food production techniques that wreak havoc on the

environment and the dangers of pesticides and other food additives.

From these experiences, Piattoni has gained a strong belief in sustainability and avoids highly processed food and industrial agriculture. "Cooking local is the healthiest way to eat, and the best way to support the community of people preparing the food at every step in the system. It's also a great way to stay away from food gimmicks. There is a lot of information out there that is manipulated by businesses with their own agenda, and it can be confusing to the consumer. Fish is a classic example of this: wild caught vs. farmed? Depends on the species! By working with small farms and producers one can avoid this misinformation. The key is to find people you trust."

Noberto thinks another example of this confusion surrounding our food is with grains. In recent years, there has been so much conversation, largely negative, surrounding grains that one's impulse might be to stay away from it all together. However, Chef Negro is a big fan of grains and a huge supporter of GRGP. His interest in grains also harkens back to his childhood. "In Argentina, due to a strong Italian influence, we eat a lot of flour in various forms, bread, cakes and of course pasta.

Last summer, Piattoni got to know the Greenmarket well and was thrilled to discover the Grainstand. In preparation for opening his restaurant he would host dinner parties with friends, and over time grains became an integral part of the meal. Now that METTA is open, one can find lots of grains and beans on the menu. Some highlights are charred beets with pickled rye berries and freekeh risotto with mushrooms and celery root puree. The sourdough flatbread is made in-house using 85% half white flour and 15% red fife flour, both from Farmer Ground Flour.



Charred Beets with Pickled Rye Berries at METTA Brooklyn, photo by Katie Burton

Chef Negro Piattoni continues to stay true to his upbringing with his cooking style. There is no gas-fueled equipment at METTA, just one electric oven and an open-fire pit from which most of the dishes are cooked. "Fire cooking" is something that he learned growing up in Argentina

of the dishes are cooked. His cooking is something that he learned growing up in Algiers and perfected while working under celebrity chef, Francis Mallman. Negro has brought this expertise to Brooklyn, and the response from guests has been positive. For those who want to experience this unique style up close, they can dine at the chef's counter. He also uses preservation and fermentation techniques to add depth and increase the health benefits of his dishes.



Freekeh Risotto at METTA Brooklyn

Often people believe they do not have time to shop at the Greenmarket or properly source their ingredients. But Chef Negro advises home cooks: "Don't be lazy with your food. Know where your food comes from, and eat well."

Events: 2017 Kneading Conference & Artisan Bread Fair

[2017 Kneading Conference](#)

Maine Grain Alliance
July 27&28, 2017
33 Constitution Ave, Skowhegan, ME 04976

From the Alliance: "Each year we gather farmers, millers, bakers, maltsters, researchers, and grain enthusiasts from around the world for two days of intensive baking workshops, wood-fired oven building workshops, and discussions about grain growing and running grain businesses. Attendees choose from hands-on workshops, live demonstrations, lectures, panel discussions and more."

Registration and more information [here](#).

[Maine Artisan Bread Fair](#)

Maine Grain Alliance
July 29, 2017
33 Constitution Ave, Skowhegan, ME 04976

From the Alliance: "The Maine Artisan Bread Fair is one of a kind. It is a fair dedicated solely to real bread and everything associated with this most ancient and central staple



read bread and everything associated with this most ancient and central staple. Demonstrations range from scything to bread baking."

For more information, click [here](#).

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

