

GREENMARKET'S REGIONAL GRAINS PROJECT



Greenmarket Regional Grains Project Newsletter June 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.

When you think of summer, you probably think of sandy beach bottoms, melting popsicles, and evenings spent with friends around the bbq. Chances are, you don't

think of standing over a pot of hot aris. But there are





*GRGP Sales Associate and
baking enthusiast, Raina
Robinson*

plenty of reasons to make room for grains in your summer plans. Over the next few months we'll bring you quick and easy recipes, events that can't be missed, and insights from innovators in the world of grains.

Upcoming Market Dates

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

- June 14 [USQ Wednesday](#), [Port Morris Distillery](#)
- June 17 [USQ Saturday](#), [Springbrook Hollow Farm Distillery](#)
- June 17 [Fort Greene Park, Brooklyn](#), [Neversink Spirits](#)
- June 21 [USQ Wednesday](#), [Cooperstown Distilling](#)
- June 24 [USQ Saturday](#), [Hillrock Estate Distillery](#)
- June 24 [Inwood, Manhattan](#), [Port Morris Distillery](#)
- June 28 [USQ Wednesday](#), [Prohibition Distillery](#)
- July 1 [USQ Saturday](#), [Catskill Distilling](#)
- July 5 [USQ Wednesday](#), [No Craft Bev.](#)

Pre-ordered bulk bags are available at Union Square Greenmarket every Wednesday. [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.

Events: 2017 Kneading Conference and Maine 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

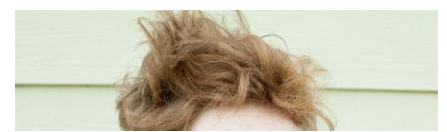
From the Alliance: "The Maine Artisan Bread Fair is one of a kind. It is a fair dedicated solely to real bread and everything associated with this most ancient and central staple. Demonstrations range from scything to bread baking."

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

New Feature: Local Grains Innovators!

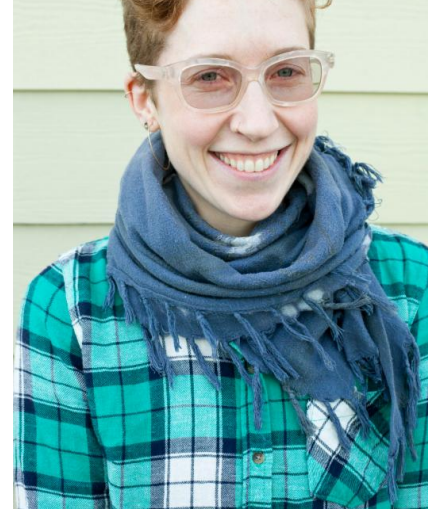
[Annie Moss, co-owner of Seastar Bakery](#)

Let's take a trip to the west coast to meet our next Innovator, Annie Moss. Moss currently co-owns one of the hippest and most forward-thinking bakeries in Portland, but she once played an integral role in the development of GRGP. In 2011, while studying environmental policy at the New School in NYC, Moss connected with Heidi Dolnick, then working on a [farmland retention project](#) at GrowNYC. Soon after, they both began working with GrowNYC's fledgling grains project, where Moss helped develop promotional materials such as GRGP's "[15 Reasons to Eat Locally Grown Grains](#)." After grad school, Annie moved to Portland, OR. She feared she'd have to shift focus due to the narrowness of the field of regional grains, and was pleasantly surprised by Portland's interest in wellness and overall locavore nature. Annie quickly realized that there was interest in local grains in the Pacific Northwest, and she got a job as general manager at [Tabor Bread](#). "In New York, Greenmarket provides a level of coordination and organization that is unrivaled in other parts of the

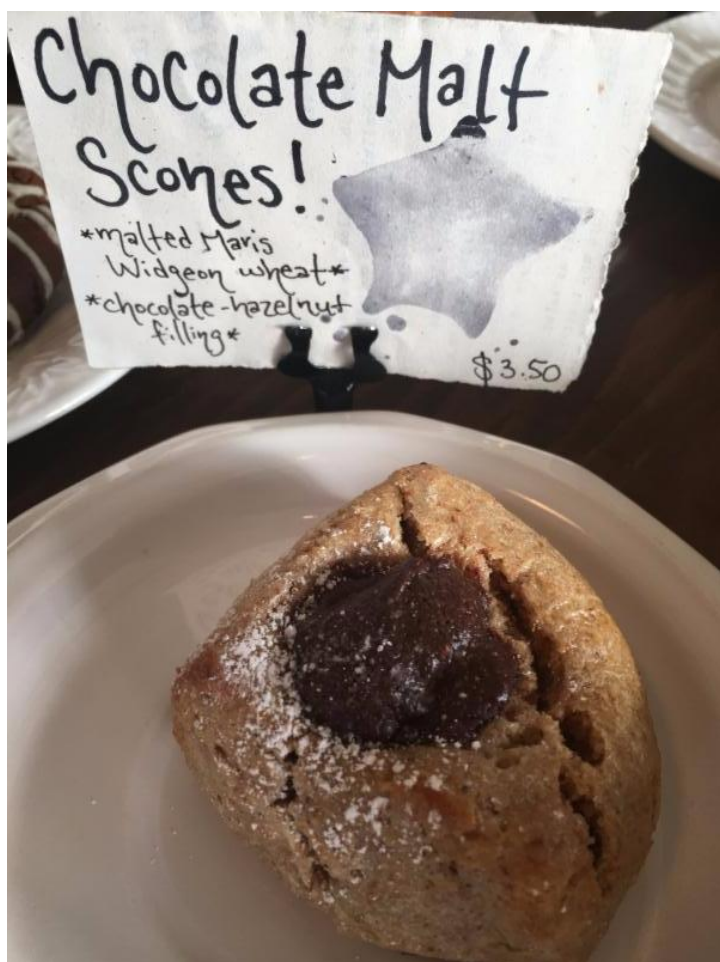


country. Tabor Bread has a different aesthetic than other Portland bakeries, one focused on advocating for local grains and its integral role in the food system."

In addition to Tabor, Moss cites Lane Selman, Founder and Director of the [Culinary Breeding Network \(CBN\)](#), and Lola Milholland, CEO of [Umi Organic](#), as important to the revitalization of grains in the Pacific Northwest. The CBN's mission is to "break down the wall between breeders and eaters to improve agricultural and culinary quality in vegetables and grains." Milholland is dedicated to local grains, and Moss thinks her ramen noodles, expertly crafted with local barley, are "going to explode and take over the world." Moss, with Seastar bakery, fits right in with these ambitious trailblazers.



Chef and Co-owner of Seastar Bakery, Annie Moss



Malted Maris Widgeon Wheat scones at Seastar Bakery

So how did Seastar Bakery come to be? Moss knew that she wanted to open a business with her grad school friend Katia Bezerra-Clark, who had moved to Portland to help out at Tabor, but she wasn't sure what kind. At the same time, her friends Will Fain and Matt Kedzi were looking to relocate and expand their pizzeria, *Handsome Pizza*. They decided to join forces and, in August of 2015, [Seastar Bakery](#) was born. Each partner has their focus: Annie bakes the pastry items, Katia concentrates on the breakfast selection, while Will and Matt oversee the pizza and bread production. At Seastar they use all local, mostly whole grains, and everything is baked in a wood-fired oven. The response has been "fantastic!" Customers adore the flavorful and complex bread and baked goods that Moss and co. offer.

While Seastar is the kind of bakery that many bakers dream of owning (small, nimble, creative and dedicated to

sustainability), the business has faced some challenges by dedicating itself to sourcing local. Local grains are more expensive than commodity grains. However, because Moss and co. are retail-focused and do minimal wholesale, their dedication to regional grains is not prohibitive. Early on, they attempted to mill flour in-house, but that proved to be unrealistic based on the amount of space that milling requires. Distribution can also be problematic at times, since smaller producers do not always have a set delivery schedule and growers tend to run out of products in this nascent sector of agriculture. Lastly, recipe testing can be challenging due to the natural variation of the grains. Still, none of these challenges are insurmountable, and Seastar has set the standard of what a retail-focused artisanal bakery

can be.

Moss has some tips for home bakers hoping to incorporate more local, whole grain flour: "Take notes!" It seems obvious, but it's imperative to make notes of any recipe adjustments being made so you'll have them as a reference later. Whole grains can have a bit more tannic flavor, so be wary about cutting back on sugar and or salt. You will also need to increase the liquid or fat to compensate for the thirsty flour. Lastly, take risks and fun!"



A sampling of advanced toasts at Seastar Bakery in Portland, OR

Featured Grain: Red Fife Wheat

Red Fife is a heritage or landrace wheat, which means it contains genetic variability within the wheat allowing it to adapt to a diversity of growing conditions over time. Heritage wheat varieties generally predate the 1950's green revolution, when modern varieties were developed and became dominant in commodity wheat production. Red Fife is a hard red winter wheat, prized for its flavor and bread baking quality. This variety has a long and interesting history going back to the turn of the 19th century. For a good read, grain-i-acs can turn to Stephan Symko's

From a Single Seed: Tracing the Marquis Wheat Success Story from Canada to its Roots in Ukraine.

The quicker version goes something like this:

Around 1842, a shipment of Ukrainian wheat was sitting on a Glasgow dock in Scotland. Someone took a sample of the grain and sent it to David Fife, a farmer in Ontario, Canada. Fife planted it in the spring, but most of the crop failed because it was a winter wheat. However, a few heads produced seed and were saved for planting the next spring. Over time, the seed adapted, was grown out, and became known as Red Fife (after the farmer, David Fife) and distributed to farmers across the southern Canadian prairies. Red Fife



was prized for its bread baking quality and assertive flavor, and it soon became widely available. Red Fife pushed the boundaries of Western expansion in Canada and drove the development of large scale grain production, processing, and transportation in the



Red Fife Flour and Whole Berries

grain production, processing, and transportation in the late 19th century. In 1905, a new variety called Marquis was developed from a Red Fife cross that ripened earlier and produced higher yields. But, as mills in Buffalo and Rochester grew in size, industry pursued wheat varieties with ever higher yields and stronger protein to withstand the increasing mechanization in commercial bakeries. The crossbreeding continued through the 20th century as the baking industry shifted to whiter, airier, less flavorful loaves of bread. Red Fife,

along with most heritage wheat varieties, fell to the wayside as modern cultivars came to dominate the commercial production of wheat.

In recent years Red Fife has seen a resurgence and has performed well during early variety trials in the region. Farmers enjoy its resilience against pests and variable weather. It can be lower yielding than most modern varieties but it is resistant to multiple environmental stressors such as drought or too much rain. Low yield is better than no yield!

In the early aughts, Slow Food's *Ark of Taste* helped to revive the variety, which has been well-received by artisan bakers across Canada and the US. Seed stocks are being replenished. Bakers like its earthy, bitter flavor, especially for bread reminiscent of Eastern Europe. Take it from the Ark of Taste itself: "It has a yellow outer crust and smells of wheat and herbs. It has a strong, slightly acidic taste with hints of spices, aniseed and fennel."

The most recent harvest has arrived, and boy are we excited! Klaas Martens of Lakeview Organic Grain has naturalized the spring variety to grow once again as a winter wheat. According to Klaas, "this captures the essence of how the wheat was originally produced in Ukraine as far back as the 18th century and is much better suited to our climate in the Northeast." You can find Klaas' *winter* Red Fife at the GRGP Grainstand. The flour is stone milled by Farmer Ground Flour and offered in 2 pound, 5 pound and 25 pound sizes, or as a whole grain. Come by the Grainstand and take a bite out of this truly historic and definitive wheat!

Featured Recipe: Grilled Flatbread

This season's Red Fife has a protein content of 9% where it falls into the "all-purpose" category with regards to performance so you can swap Red Fife out for your AP flour and make biscuits, pancakes, shortbreads. Time to change up your flour! See if you can taste the difference.

Grilled Flatbread w/Red Fife Wheat
Adapted from Food52.com

Serves: 4

Ingredients

- *3 cups red fife bread flour

- 1 teaspoon kosher salt
- 1 teaspoon instant yeast
- 1 ¼ cups warm water
- *¼ cup sunflower oil (or olive oil), plus more for brushing
- Flaky salt, for finishing
- *Leaves of 1 or 2 sprigs of rosemary, for finishing

* Ingredients available seasonally at your local Greenmarket*

Instructions

- In a large bowl, whisk the flour and salt to combine. Add the yeast and mix to combine.
- Make a well in the center of the bowl, and add the water and olive oil. Use a wooden spoon to mix until the mixture forms a shaggy mass.
- On a lightly floured work surface, knead the dough until it forms a smooth ball, 6 to 9 minutes (or 3 to 4 minutes on medium speed in a stand mixer fitted with the dough hook).
- Transfer the dough to a medium, lightly oiled bowl. Loosely cover, and let rise until the dough is double in size, 30 minutes to 1 hour.
- Preheat the grill or grill pan until smoking hot. Clean and oil the grates of the grill.
- While the grill is heating up, divide the dough into four (roughly even) pieces; it will be on the sticky side, so oil your hands a little to make the dough easier to handle. Holding the dough on its outside edges, stretch it gently, letting gravity do most of the work to form it into an oblong shape. Lightly oil both sides of the dough. (I do this on a baking sheet that is greased in oil -- I stretch the dough and place it onto the baking sheet, which is covered in oil. When I get out to the grill, I flip it over quickly to oil the other side, and, while it's still in my hand, I throw it onto the grill grates)
- Cook until golden brown, 3 to 4 minutes per side. When the breads are still hot from the grill, brush with more olive oil, and top with flaky salt and rosemary leaves. They are best warm, but will keep for a couple days too - they make for a good picnic lunch with chicken salad, a vessel for hummus or other dips, or slathered with pesto and ricotta cheese

New Products

From Maine Grains:
 Malted Barley Flour
 Durum Flour
 Yellow Pea Flour
 Cracked Spelt

From Champlain Valley Milling:



From Champlain Valley Milling:

White Frederick Flour

From Farmer Ground:

Red Fife Flour

From Regional Access:
Red Fife Berries (Returning)

From Vermont Bean Crafters:
King of the Early Beans



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

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