



Greenmarket Regional Grains Project Newsletter March 2018



Frederick wheat at [Lakeview Organic Grain](#) in Penn Yan, NY. Photo by Mary-Howell Martens.

"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

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

[#drinklocal](#) : Beer & Spirits of New York pop-ups return to markets starting March 17th. You can stay current with pop-up news at 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, March 17th	Union Square	Nahmias et Fils Distillery
Sunday, March 18th	Jackson Heights	Van Brunt Stillhouse
Wednesday, March 21st	Union Square	Springbrook Hollow Farm
Saturday, March 24th	Union Square	Van Brunt Stillhouse
Saturday, March 24th	Fort Greene	Moto Spirits
Wednesday, March 28th	Union Square	Harvest Spirits Farm Distillery
Saturday, March 31st	Union Square	Albany Distilling Co.
Saturday, March 31st	Abingdon Square	Cooperstown Distillery
Wednesday, April 4th	Union Square	Hillrock Estate Distillery
Saturday, April 7th	Union Square	Harvest Sprits Farm Distillery
Saturday, April 7th	Inwood	Van Brunt Stillhouse
Sunday, April 8th	79th St	Hillrock Estate Distillery
Wednesday, April 11th	Union Square	Breuckelen Distilling
Saturday, April 14th	Union Square	Springbrook Hollow Farm
Saturday, April 14th	Grand Army Plaza	Kings County Distillery
Wednesday, April 18th	Union Square	Nahmias et Fils Distillery
Saturday, April 21st	Union Square	Breuckelen Distilling
Sunday, April 22nd	Jackson Heights	Cooperstown Distillery
Wednesday, April 25th	Union Square	Moto Spirits
Saturday, April 28th	Union Square	Hudson Valley Distillers
Saturday, April 28th	Fort Greene	Harvest Spirits Farm Distillery

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.

And in case you missed it...

Check out GRGP's [Instagram slideshow](#) from International Women's Day, celebrating our heroines of the Northeast grains movement. We are in awe of their work, accomplishments, and commitment.

And give a listen to this excellent segment from [NPR's "The Salt,"](#) on maltster and local grains champion Andrea Stanley from [Valley Malt](#).

News

Thank You to the Home Bakers Who Put their Best Bread Forward at this Year's Greenmarket Home Bakers Meet-up!

Last month we broke bread and toasted to our favorite bakers in the city, you! Participants also had an opportunity to brainstorm with bread geniuses Austin Hall of [She Wolf Bakery](#), Sharon Burns-Leader of [Bread Alone Bakery](#), and Peter Endriss of [Runner & Stone](#). Austin reminded us that if today's batch doesn't turn out, tomorrow we can try again and move closer to that perfect loaf. Sharon let us know that water, not flour, is the way to go when shaping an einkorn loaf. And Peter urged us to "Keep experimenting!"



We learned about the benefits of milling your own flour (thank you Paul Lebeau of [Mock Mill!](#)) and how beer can help combat food waste (thank you Jo Ehrenreich of [Toast Ale!](#)). Maybe we even scored a tablespoon of the coveted microbiome that is She Wolf starter!

Check out our photo album from the Home Bakers Meet Up on the [GRGP Flickr Page](#).

Thanks so much to all who came out to spread the love and share a loaf!
And thank you to our sponsors for helping make the night a success:



Events & Press

[University of Vermont's 14th Annual Grain Growers Conference](#)

"Diversifying Grains for a Changing Climate"

Essex, VT

March 22nd

This daylong event will provide attendees with a diverse array of educational topics on grain production and research in North America. This year's conference will include four concurrent tracks throughout the day, including hands-on baking sessions. Jessamyn Waldman Rodriguez of Greenmarket's own Hot Bread Kitchen will be the keynote speaker.

[National Good Food Network Conference](#)

Albuquerque, New Mexico

March 27-30

GRGP's June Russell will be presenting on GRGP's role in the northeast regional grains

movement. Joining June will be Michelle Ajamian of Southern Ohio's [Shagbark Seed Mill](#), on building a local grain value chain.

Featured Grain: Fredrick Wheat

Fredrick is a soft white winter wheat and one of the few white wheat varieties currently on offer in the Northeast. Red wheat varieties are red because they contain small amounts of tannin, the same tannin that is found in grapes and red wine. The mild bitter notes that can be found in red wheat varieties come from the tannin. By contrast, white wheat varieties simply do not contain tannin and the bran lacks that familiar bitterness found in red wheats. There can be a noticeably sweeter, smoother flavor to white wheat varieties that cooks and bakers are beginning to rediscover.

The Grainstand sources Fredrick whole berries from [Lakeview Organic Grain](#) and roller milled flour from [Champlain Valley Milling](#). As a wheat berry, its soft texture and flexible flavor work great with citrus in a grain salad, or as a wintry pilaf with some sauteed vegetables. As a flour it falls between all purpose and pastry at 8.9% protein which makes it great for muffins, pancakes, biscuits, crackers, pie crusts, and any baked goods that would benefit from its buttery flavor and light texture. Lucky for you, we've found some recipes that'll have you itching for some Frederick especially appropriate for the upcoming Passover and Easter holidays:

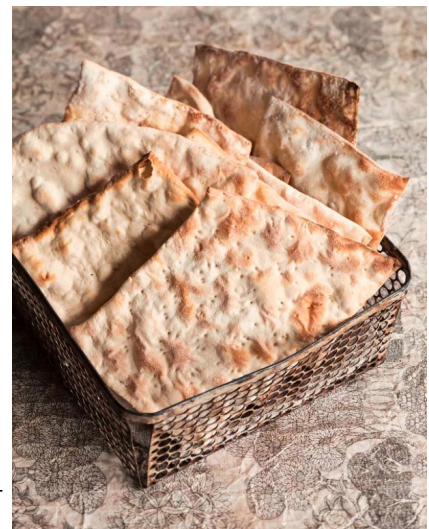
[Homemade Matzoh from Lelite's Culinaria](#)

INGREDIENTS

- 4 1/2 cups (20 ounces or 540 grams) white Fredrick flour, plus more for rolling
- 1 teaspoon (2 grams) Diamond Crystal kosher salt, plus more for sprinkling
- 2 tablespoons mild olive oil (or, if you're not keeping kosher for Passover, you can substitute canola oil)
- 3/4 cup plus up to 1/4 cup warm water

INSTRUCTIONS

1. Preheat the oven to 500°F (260°C). Ideally you would place a pizza stone on the bottom oven rack, but realistically a 10-by-15-inch baking sheet will work just dandy.
2. In a large bowl, mix together all the ingredients, using 3/4 cup water, until everything comes together to form a dough. If the dough seems dry, add a little more water, a few drops at a time. If you do not need the matzoh to be kosher for Passover, let the dough rest for 10 to 15 minutes. If you do need the matzoh to be kosher for Passover, proceed immediately to the next step so that you can finish everything in 18 minutes.
3. Divide the dough into 8 pieces. Flatten a piece slightly and pass it repeatedly through a pasta maker, reducing the thickness each time until you reach the minimum setting. Alternately, you can simply roll the dough as thinly as possible with a rolling pin on a lightly floured surface. Repeat with the remaining dough pieces.
4. Trim the rolled-out dough pieces into rectangles. (How many pieces of matzoh you get depends on how thinly you rolled the dough.) Use a fork to prick holes in the surface of the dough. If salted matzoh are desired, brush or spray the dough surface lightly with water and sprinkle with salt to taste.
5. Carefully place some of the rectangles onto the pizza stone or baking sheet. They should fit snugly but should not touch. Bake until the surface of the matzoh is golden brown and bubbly, 30 to 90 seconds. Using tongs, carefully flip the matzoh pieces and continue to bake until the other side is golden browned and lightly blistered, 15 to 30 seconds. Keep careful and constant watch to keep the matzoh from burning; the exact baking time will vary from oven to oven and will get longer with subsequent batches. You want to let the matzoh get a



few dots of light brown but do not let the matzoh turn completely brown or it will taste burnt. Let it cool before serving.

Quick Batch Dinner Rolls from King Arthur Flour

INGREDIENTS

- 1/2 cup lukewarm water
- 2 cups warm milk (100 - 110°F)
- 3 tablespoons butter
- 2 tablespoons sugar
- 1 tablespoon salt
- 2 1/2 tablespoons yeast, instant preferred
- 6 to 7 cups Fredrick Flour (for whole wheat use 3 cups whole and 3-4 cups white Frederick)



INSTRUCTIONS

1. Combine the water, milk, butter, sugar, salt and yeast in a large bowl, or the bowl of your stand mixer. Stir well and let sit for 6 to 8 minutes, or until you see the yeast begin to foam.
2. Add 5 cups of flour and mix by hand or with the paddle attachment until the dough forms a rough, shaggy mass. The dough will not form a ball at this point, but will be just shy of coming together.
3. Add flour, 1/2 cup at a time and blend with the dough hook until a smooth ball begins to form. Knead by hand for about 10 minutes, or by machine for 4 to 5 minutes until a soft, smooth ball of dough is formed. The dough should feel elastic and slightly tacky to the touch.
4. Lightly spray your work bowl with cooking spray and place the dough in the bowl. Spritz the top of the dough with spray as well and cover lightly with plastic wrap or a shower cap. Let rise for 20 minutes at room temperature or until the dough is full and puffy.
5. Gently deflate the dough and pat out to a rough rectangle about 8 inches by 12 inches. Cut the dough into 4 long strips, then cut each strip into 6 portions for a total of 24 dough balls. Shape into round balls as you would shape meatballs, using your cupped hands to roll the dough. Spritz your hands with cooking spray to prevent sticking.
6. You can place the rolls into any of the following pans, well greased or lined with parchment paper: One half-sheet baking pan or 2 quarter-sheet pans. Two 13" x 9" x 2" pans. Four 8" or 9" round baking pans OR a combination of any of these pans.
7. After the rolls are in the pans, cover again with your plastic wrap and let rise at room temperature for another 20 to 25 minutes, or until well rounded and full looking. If you are baking now, preheat the oven to 350°F.
8. Bake the rolls for 20 to 25 minutes or until golden brown and an internal thermometer reads 190°F. You can brush the baked rolls with melted butter if desired. Serve warm, store leftovers in a plastic bag for up to 3 days.
9. If you want to freeze the unbaked buns, place in the pans as described in step 6 and allow to rise for 10 minutes. Wrap airtight and freeze for up to 4 weeks. To bake, thaw overnight in the fridge, then unwrap and bake as directed.

Featured Innovator: Mary-Howell Martens

Mary-Howell Martens, Farmer
and Co-Owner,
Lakeview Organic Grain

GRGP is especially excited to have
Mary-Howell Martens as our featured

innovator this month – a grain farmer who, with her husband Klaas and their son Peter, has fundamentally altered the New York City marketplace. And that's not an exaggeration.

Mary-Howell Martens and her husband Klaas are the duo behind [Lakeview Organic Grain](#), a farm in Penn Yan, NY, growing 1,600 acres of wheat and other small grains, as well as corn, beans, and soy. They raise the crops for organic seed and for animal feed, and increasingly – to the great delight of GRGP – for food.

The family is one of precious few growing commercial scale food-grade grains in our region, let alone doing it organically. It is thanks to [Lakeview Organic Grain](#) – as well as Martens Farm, run by their son Peter – that [The Grainstand](#) can offer such

a wide selection of regionally grown grains and flour. In 2013 the Martens began supplying NYC shoppers with red fife wheat, the very first heritage wheat to be commercially available in the Northeast. Red fife has since become a beloved bread flour throughout NYC.

It's Mary-Howell, in particular, who deserves thanks for Fredrick, our featured grain this month. Fredrick is the Grainstand's most prized pastry flour. It's somewhere between heritage and modern because it was one of the first varieties to be developed when new breeding techniques revolutionized global food production in the mid-1900s, but it fell out of production when other more high-yielding wheats filled the demands of industrialized flour production. Mary-Howell brought it back from obscurity.

"There's a huge library of seeds that are no longer grown," Mary-Howell told GRGP, "simply because they fail to produce a high yield. Fredrick could have ended up like that."

Her rediscovery happened about 20 years ago. At the end of a long, hot day, Mary-Howell walked the fields checking on the crops. She wanted to know more about the flavors each variety held, so she and Klaas saved some to try out after harvest. Two out of the three varieties tasted bad or were very bitter, but Fredrick had a "sweet, almost corn-like, sunshiney flavor," Mary-Howell recalled. She started adding it to her own breads and pies. A few years later, she met the chef and co-owner of [Blue Hill](#), Dan Barber. Dan had been spending time with the Martens on their farm while doing research for his book [The Third Plate](#). (Klaas and Mary-Howell are two of the book's central characters.) Mary-Howell used the Fredrick in a cake she made – rhubarb if her memory serves. Dan raved about it. Later he was quoted saying he never liked the flavor of whole wheat flour before trying Mary-Howell's freshly ground Fredrick flour.

The Martens started growing Fredrick at a commercial scale, and [The Grainstand](#) was pleased to introduce it to the NYC marketplace in 2014, selling it to chefs, bakers, and home cooks at Greenmarkets around the city. As Mary-Howell describes it, "It's mild and



Mary-Howell and Klaas Martens on their farm in October, 2017, just weeks after a fire destroyed one of their barns. Their Mennonite neighbors threw them a successful barn raising to help defray costs of replacing the barn. See info below on how to make donations to the Mennonite Disaster Service.

pleasant, goes well with a lot of things, has character, but not too much." Because it was bred in the 1930s-1960s with low pesticides and fertilizer inputs, "it has benefits of both modern and heritage: character, yield, familiarity, organic reliability."

Mary-Howell grew up on Long Island. In high school, despite having never farmed, she decided to pursue agriculture and went on to study plant breeding at Cornell University. Her farming career began when she met Klaas, who grew up farming with his family in Penn Yan, NY. In 1996 they bought the old Agway mill, responding to increasing demand for organic dairy feed. By 2001 they had over 100 customers and were exceeding their capacity, so they started expanding and sourcing crops from other farmers.

"We try to see where the bottlenecks are," Mary-Howell said, adding that their investments "don't just help us, but provide a channel for a lot of specialty grains in upstate New York, and help keep this movement going."

One of the Martens' biggest contributions to the movement was their decision in the late 1990s to buy their first dehuller. (They have replaced it three times since.) They are one of the only farmers in the Northeast to invest in this expensive machine, necessary to process the three ancient wheats (also called farro) – emmer, einkorn and spelt. As a result, they are one of the only regional suppliers of these grains.

Mary-Howell says that more varieties and more farms, rather than fewer, means greater security. For years farmers had been told to get big or get out, but greater biodiversity within plantings means more productivity and greater resilience, especially given increased climatic variability due to climate change. Likewise, for the Martens, more people farming means more friends and more collective learning. In Mary-Howell's words: "Organic farmers are often defined by their shalt-nots, the things they don't do, rather than their shalts." Those include diverse plantings, building soil health, grazing animals, and all the other things that help build a strong agricultural ecosystem.

Mary-Howell, the movement can't thank you and your family enough.

Mary-Howell's advice for GRGP's readers? "If you haven't tried fresh ground flour or cornmeal, it's like being colorblind. The spectrum is vast. Try different things, and try grinding your own."

***After fire ravaged several structures on their farm last fall, Klaas and Mary-Howell refused to take donations and requested that those who would like to, donate to the [Mennonite Disaster Service](#).*



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.

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

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

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

