



*"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.



*Spring is here! And with the longer days and warmer weather come lots of exciting changes for the Grains Project: we've got new products; Beer & Spirits of New York is back; and we're going to start highlighting the local farmers, millers, bakers and chefs that are driving the movement forward!*

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## Upcoming Market Dates

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**The Grainstand** is coming to Jackson Heights this Sunday! The retail stand also continues its weekly presence at Union Square on Wednesdays, Fridays and Saturdays. Here is our full schedule through May:

- April 28 USQ Friday
- April 29 USQ Saturday
- April 30 Jackson Heights, Queens
- May 3 USQ Wednesday
- May 5 USQ Friday
- May 6 USQ Saturday
- May 7 Carroll Gardens, Brooklyn
- May 10 USQ Wednesday
- May 12 USQ Friday
- May 13 USQ Saturday, Grand Army Plaza, Brooklyn
- May 17 USQ Wednesday
- May 19 USQ Friday
- May 20 USQ Saturday, Inwood, Manhattan
- May 24 USQ Wednesday
- May 26 USQ Friday
- May 27 USQ Saturday, 82nd St, St. Stephens, Manhattan
- May 31 USQ Wednesday

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.

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## Events: Beer & Spirits of New York, Artisan Breadmaking

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### [Beer & Spirits of New York Pop-Up](#)

Beer & Spirits of New York is back!

This year Greenmarkets will welcome breweries and distilleries selling products made with local ingredients. Every week New Yorkers will be able to meet a different craft beverage producer, sample their products, and purchase a bottle or two to bring home. This craft beverage stand will be at Union Square Wednesdays and Saturdays. It will also tag along with the Grainstand as it travels throughout the boroughs. To find out who will be where and when, click [here](#).



## [Artisan Breadmaking & Heritage Grains](#)

July 10-14, 2017  
Sterling College  
Craftsbury Common, VT

A beginner's artisan breadmaking course using both domestic and wild yeasts with an emphasis on baking with retained heat provided by Sterling's wood-fired ovens.

Registration and more information [here](#).

## [New Feature: Local Grains Innovators!](#)

[Danny Newberg, Chef/Owner of Joint Venture](#)

Daniel Newberg has worked as a chef at some of NYC's coolest and most delicious restaurants. After eight years, he found that the demands of restaurant life were



years, he found that the demands of restaurant life were stifling his creativity, and he was feeling "disconnected from the food." So he decided to set himself free and start [Joint Venture](#).

It started as a pop-up with the plan to eventually become a restaurant. Yet even operating as the captain of his own ship, Newberg was resistant to go back to the monotony of daily service. So he found a way to stay nimble, moving between catering, throwing pop-ups, and striking new partnerships to satisfy his creative curiosities.

For Newberg, cooking is all about ingredients. Seafood makes its way into many of his most beloved dishes, thanks in no small part to his upbringing on the Gulf Coast of Florida. Lately he's been featuring more and more local grains, and people are taking notice. He made his professional grains debut at a dinner on New Year's Eve with a bean and grain stew. Bon Appetit called it "[The Unexpectedly Vegan Recipe We Can't Stop Talking About.](#)" Guests were "surprised the grains were so flavorful," Newberg told us. Since then, he's received countless requests for this dish. In an email, Newberg thanked our sales manager Henry Blair for helping make the dish possible: "I have to give you a lot of credit for this recipe. ...Without having you at the market I would have never decided to make this recipe up. Also big thanks to all the farmers!"

So how did Newberg find out about the Grainstand? He credits Norberto "Negro" Piattoni, executive chef/co-owner of [METTA](#) and longtime local grains supporter. Newberg often met up with Piattoni at the Union Square Greenmarket to see what was fresh. Soon he was making regular trips to the Grainstand. Over time Newberg became obsessed. Now local grains are a staple for Joint Venture, and "the response has been amazing," he said.

If you'd like to taste his cooking for yourself, Newberg will be grilling up squid, "one of [his] favorite sea animals," at the popular Brooklyn gastropub [Achilles Heel](#), on Tuesday, May 30th. For more information, check out Joint Venture on Instagram: @jointventurenyc.

### [Kristina Razon, author of \*A Guide to Northeast Grains\*](#)

Kristina Razon first became interested in local grains while pursuing her M.S. in sustainable food systems at [Green Mountain College](#). When it came time for her to do her capstone project, Razon, the assistant kitchen manager at [Four & Twenty Blackbirds](#), wanted to create something that would enhance her skills as a professional baker. In the fall of 2015 she stumbled upon GRGP and asked its founder, June Russell, to advise her. Inspired by [GRGP's Grains Guide](#), Razon set her sights on creating an updated version with additional information that could better inform professionals and home cooks alike. She has found that flour is often an afterthought in baking, while additional ingredients, such as

olives, cranberries or walnuts, are used to add "character." Her new and improved guide, and the local grains movement as a whole, emphasizes the quality of the individual ingredients and the many attributes that fresh, single variety grains can offer. Kristina finished the guide earlier this year. [A Guide to Northeast Grains](#) includes history, technical



information, and recipes focused on wheat, rye, buckwheat, and triticale.



The importance of community is woven throughout *A Guide to Northeast Grains*. While conducting research, Kristina found that "everyone knew everyone else," and that there was a "communal spirit" surrounding the grains movement. Take Blair Marvin, co-owner of [Elmore Mountain Bread](#) in Wolcott, Vermont. Marvin sources her grains from the farmer "down the road" and uses the mill that her husband built. If there is such a thing as super local, this is it. Another baker that has influenced Razon's approach to baking is Peter Endriss, head baker/co-owner of [Runner and Stone](#) in Brooklyn. She credits him with "pushing grains to the forefront," and notes that he helps other bakers focus on the quality of the ingredients.

Based on what she's learned from these trailblazers, Razon's advice for home bakers is to "grind [the flour] yourself." This is becoming more possible with the increasing availability of [at-home mills](#). If that's not an option, she says, buy it fresh from the [local farmers market](#).

Razon plans to stay at [Four and Twenty Blackbirds](#) for now. She hopes to incorporate local flour into the production, though she acknowledges that this will take time, and that pricing is an issue. Still, she's developing a crust that's half buckwheat flour and half all-purpose flour, with the hopes that it will be on the menu soon. She also imagines that her guide will expand and evolve over time. Razon is excited to keep doing her part to propel the northeast grains movement forward.

## Featured Grain: Oland Wheat

Introducing Oland, the latest specialty grain from Maine Grains, the historic Skowhegan-based mill.



For the first time this year, New Yorkers can buy this heritage Danish spring wheat variety famous for its sweetness, as well as for its beautiful golden crumb and chocolate crust. Like most treasures, Oland's arrival was hard-fought. After being tested by university researchers for several years, two farmers--one in New York and one in Maine--grew out seed brought over from Denmark in 2016. To their delight, they discovered the cool, damp climates of the Northeast are well-paired for this

Nordic variety.

Originally bred in Sweden and named after Oland Island off the southeast coast, it gained a foothold among farmers, millers and bakers in Denmark over the years. At 11% protein, Oland is a fine bread flour with high absorption capacity. It forms tight doughs and produces breads that hold their shapes beautifully. This wheat is sweeter than many modern varieties and, when



still warm, it smells like the forest.

Whether used all on its own or blended with sifted Magog or Warthog (both available at the Grainstand), Oland will surely please bakers, tasters and historwheat buffs. Stop by the Grainstand to learn more about this grain and others, to take home some of the flour for your own experimentation, and to hear about the chefs and bakers currently using it.



## Recipe Highlight: Sprouted Wheat Country Bread

*From Kristina Razon, author of [A Guide to Northeast Grains](#):*

*"Depending on your level of comfort, feel free to substitute your choice of local wheat flour for the white whole wheat flour and/or bread flour in this recipe. I would suggest adjusting the amount of water as you go and watching the dough develop as time passes."*

Yield: 1 loaf

### Ingredients:

Starter, 100g

Sprouted Wheat Berries, 110g

Water, 325g

Bread Flour, 300g

White Whole Wheat, 125g

Salt, 10g

-Sprout your wheat berries. Once they're ready, plop them into a food processor and process until a dough forms.

-Weigh your starter into a medium-sized bowl, followed by 110 grams of the ground sprouted wheat, then the water. Mix.

-Add both flours, mix, then let it rest for 30 minutes, covering the bowl with a kitchen towel.

-Add the salt and incorporate it into the rough mass of dough with your fingers.

-At this point, do the first fold. Let the dough rest for 30 minutes then do another fold; repeat. The bulk fermentation typically lasts between 3-4 hours and depends entirely on your dough and the ambient room temperature.

-Once the dough is aerated and has increased in volume, pre-shape the dough, sprinkle lightly with flour, cover with a kitchen towel, and let it rest for 30 minutes.

-Proceed with the final shaping of the dough, placing it seam side up in your prepared basket or bowl and cover with a kitchen towel. Retard in the refrigerator for 8-12 hours (my preferred method), or let the dough rise for 3 to 4 hours at room temperature (75°-80°F). To test if it's ready for the oven, press the dough lightly with your finger, if it springs back slowly, it's go time.

-When it's time to bake, preheat your oven to 500°F along with your Dutch oven. "If you



When it's time to bake, preheat your oven to 450°F along with your Dutch oven. If you retarded your dough, remove it from the refrigerator. When the oven is hot and ready, turn your bread out into the Dutch oven, slash the top, pop on the lid, and slide it back into the oven. Turn the oven down to 450°F and bake for 20 minutes. After the initial 20 minutes, remove the lid and bake for another 20-25 minutes. To test for doneness, tap the bottom of the loaf, it'll sound hollow.

-Let cool on a rack for several hours, then slice and eat.

### *Additional Recipes:*

[Danny Newberg's Bean and Grain Stew with Garlic and Chiles](#)

[Roasted Asparagus Wheat Berry Salad with Arugula Pistachio Pesto](#)

## New Products

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From Maine Grains:

Malted Barley Flour

Durum Flour

Yellow Pea Flour

Cracked Spelt

Coarse Rye Flour (Returning)

From Farmer Ground:

Red Fife Flour

From Regional Access:

Red Fife Berries (Returning)

From Vermont Bean Crafters:

King of the Early Beans

Jacob's Cattle Beans (Returning)



## Donate to the Greenmarket Regional Grains Project

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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 is HERE

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GrowNYC is thrilled to announce the opening of Project Farmhouse: a state-of-the-art sustainability center and event space that allows New Yorkers to explore environmental

issues through the lens of food, horticulture, arts, and more. Steps from our iconic Union Square Greenmarket, Project Farmhouse is home to GrowNYC programming including workshops, talks and cooking events and is available for rent for your next event. The Project Farmhouse Open House is Saturday, April 29.

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)

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