



May 2018 Newsletter Greenmarket Regional Grains Project

"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 continue at Union Square Wednesdays and Fridays and at our weekend rotating stand. 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:

Wednesday, May 16th	Union Square	Neversink Spirits
Saturday, May 19th	Union Square	Springbrook Hollow Farm
Sunday, May 20th	Jackson Heights	Harvest Spirits
Wednesday, May 23rd	Union Square	Nahmais et Fils
Saturday, May 26th	Union Square	Neversink Spirits
Saturday, May 26th	Fort Greene	Moto Spirits
Wednesday, May 30th	Union Square	Prohibition Distillery
Saturday, June 2nd	Union Square	Finger Lakes Distilling
Saturday, June 2nd	Inwood	Breuckelen Distilling
Sunday, June 3rd	79th Street	Prohibition Distillery
Wednesday, June 6th	Union Square	Hillrock Farm Distillery
Saturday, June 9th	Union Square	Nahmais et Fils
Saturday, June 9th	Grand Army Plaza	Hudson Valley Distillery
Wednesday, June 13th	Union Square	Breuckelen Distilling
Saturday, June 16th	Union Square	Finger Lakes Distilling

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.

Events & Press

Greenmarket Grains Crew Plants Inaugural Grains Farm on Governors Island





Dana Bourne prepping beds for the inaugural Greenmarket Grain Farm.

April 5, 2018 -- On a sunny spring morning, the Grains team loaded onto the Governors Island ferry to plant grains for the very first season of the very first Greenmarket Grain Farm -- now officially in production at the [GrowNYC Teaching Garden](#). With the help of the garden team, led by our colleagues Shawn Connell and Dana Bourne, GRGP seeded two 50ft x 3ft beds with the perfect mix of old and new. They planted the ancient wheats einkorn and emmer, the heritage wheat red fife, a modern wheat called Tom, plus two varieties of oats - one heritage and one modern. The grasses have since sprouted through the dirt and are rising fast. Now that Governors Island is open every day, [sail over yourself](#) to check out our growing grains. There will be many more GRGP field days to come, so stay tuned for regular progress reports.



GRGP's June Russell and Henry Blair planting rows of oats on Governors Island.



Here they come!

In Awarding [Loring Place](#) 'Best Pizza,' New York Magazine Says: "It's the Crust"

GRGP has known all along, but we're glad the rest of NYC knows now too! In it's "[Best of New York Eating 2018](#)," New York Magazine gives best pizza to [Loring Place](#) -- a friend and client of GRGP, as well as restaurant home of today's featured innovator Seth Seligman! NY Mag describes the "Grandma Pizza" as "unique and wonderful."

But what in particular makes it so? NY Mag says:

"It's the crust, made from a blend of house-milled flours including heirloom emmer and whole wheat, that sets the thing apart from your local slice joint. The edges are crisp, the crumb is springy, and most impressive of all, the flavor is unusually pronounced - toasty, tangy, wheaty, fresh. It's a grandma pie that reminds you that pizza is first and foremost about the bread."

Featured Innovator: Loring Place

Seth Seligman, Chef de Cuisine at Loring Place

This month we sat down with Seth Seligman, co-Chef de Cuisine at [Loring Place](#), a farmer focused restaurant in Greenwich Village that prominently features several different wheats, ancient and modern, in their seasonal menu. The team at [Loring Place](#)-- Executive Chef Dan Kluger and Chefs de Cuisine Karen Shu and Seth Seligman--have been working together for ten years, initially at the Core Club in Midtown. Throughout his career, Chef Kluger's work has focused not only on featuring local and seasonal produce, but on developing relationships with farms and farmers. "Chef Dan has known some of the farmers we work with for twenty years," says Seth. Those relationships provide the foresight and coordination needed to put together a praiseworthy menu that is still "as local and seasonal as possible."



Grains have been part of the plan throughout the restaurant's entire development. When Chef Kluger was first setting up Loring Place, the [Regional Grains Project](#) was gaining significant momentum. In-house milled local grain was literally baked into the identity of the restaurant from the start. Initially focusing on pizza dough, Chef Seth says they "did lots of initial testing of different varieties," eventually settling on warthog, which developed a good structure and has an excellent flavor. It's often mixed with emmer for an additional flavor boost. As they continued to experiment, they found ways to incorporate more and more

local grain: Frederick wheat is incorporated into the whole grain house bread to lighten the texture and flavor, the vegan burgers are coated in oats, and freekeh is puffed to add to the grain salad. Pastry Chef Diana Valenzuela has made rye blondies and warthog chocolate chip cookies. Even at the bar, beverage manager Ann Marie Del Bello has worked to feature several [New York State farm distilleries](#).

There have been challenges working with such small scale production, like when the barn fire at the [Martens farm](#) destroyed most of the region's emmer, a component of several dishes. But the rewards of finding innovative ways to incorporate these unique and flavorful ingredients more than outweigh the challenges. Chef Seth loves watching people react to their first bite of the freshly milled warthog pizza dough. "Tasting these dishes every day," he says, "I forget how much of a difference it makes." But at [Loring Place](#), the ethos of local, traceable ingredients plays just as important a role as the wow factor of their flavor. For the team at Loring Place, knowing that they "have a hand in every process" is what makes all their work worth it.

Featured Grain: Warthog Wheat



Warthog is a variety of hard red winter wheat near and dear to many of our hearts. At a tasting the Grains Project hosted with NOFA-NY in 2010, we cooked whole grains, made pasta, baked bread, and tasted several varieties of wheat grown in the Northeast. Warthog emerged as the best winter wheat for both taste and baking quality! At that time, we had 3 cups left in the region, but thus began a love affair between warthog wheat and several grainchangers, notably [Thor Oschener](#) who grows more warthog wheat than any producer in the Northeast and whose partnership with [Wide Awake Bakery](#) and [Farmer Ground Flour](#) have brought warthog

to the table in bakeries, restaurants, and homes across the region. As a whole grain, its dark nutty taste and chewy texture are an excellent addition to salads or hearty soups. It also works well as a side dish with roasted or sautéed seasonal veggies. Once milled into flour, it's excellent for breads, with around 11% protein and a falling number of 391.



Loring Place's Grain Salad



Salad with Smoked Chili Aioli and Spring Vegetables

(Serves 4)

1. Make Smoked Chili Aioli:

- 2 Cups House Mayo (or your favorite store bought)
- 3 Tbsp. Scallions - Grilled then chopped fine
- 1 Tbsp. Pickled Red Onions - Slice red onions, cover with red wine vinegar & allow to sit for 2 hours.
- 4 Tbsp. Canned Chipotles - Chopped and with the juice
- 1 tsp. Dijon Mustard
- 1 tsp. Tabasco
- 1 tsp. Worcestershire Sauce
- 1 tsp. Lemon Juice

Combine everything in a bowl and whisk well.

2. Mix the Dressing:

- ½ Cup Lemon Juice
- ¼ Cup Sherry Vinegar
- 1 ½ Tbsp. Dijon Mustard
- 1 Tbsp. Honey
- 1 ½ tsp. Salt
- 2 Tbsp. Shallots - Minced
- 2 Tbsp. Oregano - Chiffonade
- 1 Cup Olive Oil

Mix ingredients in a bowl and slowly whisk in the olive oil.

3. Cook the Grains:

- 3 Cups Grains (Freekeh, Emmer, Warthog)
- 2 Gal. Water
- 1 Cup Salt
- 2 Sprigs Rosemary
- 5 Sprigs Thyme

1. Cook each grain separately. Combine water and salt. Cover grain with the seasoned water and herbs, simmer slowly until cooked through and tender (about 1 hour). Once cooked, combine grains, discarding herbs and water. Reserve 1 cup of freekeh to dehydrate.

2. Optional -- Dehydrate 1 cup Freekeh overnight. In a pot, heat up canola oil to 375° and fry the dried grains until they pop like popcorn. Drain on a paper towel to absorb all oil, season with salt.

4. For the Spring Vegetable Mix:

- 4 Bu. Baby Turnips - Cut into wedges
- 4 Bu. Baby Carrots - Use assorted colors, cut into oblique
- ¼ Cup. Olive oil
- 2 Tbsp. Kosher Salt

Pre-heat the oven to 375°F. Season vegetables with olive oil and salt and roast until tender but not mushy. Allow the veggies to cool.

5. Assembling the Salad:

- 4 Cups English Peas - Blanched in salted water
- 4 Cups Radicchio - Cut into ¼" ribbons
- 4 Tbsp. Watermelon Radish - Diced into ¼" pieces
- 4 Pcs. Red Radish - Sliced thin on a mandolin
- 1 Cup Dill, Parsley, Sorrel - Equal portions, rough chopped and mixed.
- As needed Lemon Zest

In a mixing bowl, combine cooked grain, puffed

in a mixing bowl, combine cooked grain, pomegranate seeds, feta, olive oil, balsamic vinegar, lemon juice, salt, pepper, favekkeh, roasted vegetables, watermelon radish, radish, and herbs, and mix with the dressing.

To serve, spread the aioli on the bottom of serving bowls, top with the grains mix and finish with more shaved radish, chiffonade sorrel and lemon zest.



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.

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

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

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

