



"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](#). And our rotating stand is back! Here is the schedule for November,

along with participating craft beverage producers:

- November 18 [USQ Saturday](#)
- November 18 [82nd St, Hudson Valley Distillers](#)
- November 19 [Columbia University, Hillrock Estate Distillery](#)
- November 22 [USQ Wednesday](#)
- November 25 [USQ Saturday, Prohibition Distillery](#)
- November 25 [Fort Greene Park, Neversink Spirits](#)
- November 26 [Jackson Heights, Harvest Spirits](#)
- November 29 [USQ Wednesday](#)
- December 2 [Inwood, Van Brunt Stillhouse](#)
- December 2 [USQ Saturday, Breuckelen Distilling](#)
- December 3 [79th St., Atsby Vermouth](#)
- December 6 [USQ Wednesday](#)
- December 9 [Grand Army Plaza, Neversink Spirits](#)
- December 9 [USQ Saturday, Hillrock Estate Distillery](#)
- December 10 [Carroll Gardens, Harvest Spirits](#)
- December 13 [USQ Wednesday](#)
- December 16 [USQ Saturday, Standard Wormwood Distillery](#)
- December 16 [82nd St., Breuckelen Distilling](#)
- December 17 [Columbia University, Manhattan, Cooperstown Distillery](#)
- December 20 [USQ Wednesday](#)
- December 23 [USQ Saturday, Harvest Spirits](#)
- December 23 [Fort Greene Park, Standard Wormwood Distillery](#)
- December 27 [USQ Wednesday](#)
- December 30 [USQ Saturday, Nahmias et Fils](#)
- December 30 [Inwood](#)
- December 31 [79th St.](#)

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.

**Congratulations June Russell,
Slow Food NYC's Snailblazer of 2017!**





June Russell getting her Snailblazer award windbreaker at Slow Food NYC's annual fundraiser on November 8 at Project Farmhouse.

[Greenmarket](#) and [GrowNYC](#) are brimming with pride for June Russell, who was awarded [Slow Food NYC's](#) annual Snailblazer award in recognition of her tireless work building the regional grains economy. [Slow Food NYC](#) works to create a food system based on the principles of high quality and taste, environmental sustainability, and social justice-in essence, a food system that is good, clean and fair. Each year the organization honors a "Snailblazer," someone from the community who has worked to further the principles of the Slow Food movement. This year, it was one of our own.

Greenmarket Director Michael Hurwitz had these words to say in his introductory remarks:

"On January 11, 2010, June hosted our first industry bakers tasting. At the end of it, Jim Lahey (of [Sullivan Street Bakery](#)) told June that he wanted to buy 8,000 pounds of warthog (wheat) immediately. At the time, only 3 cups of warthog existed. Today it's the foundation of Farmer Grounds Flour's standard flour, which contains between 65 and 70% of it. June -- your work at Greenmarket has been transformative. The regional grains project has changed the landscape and the conversation for what is possible. You inspire your co-workers, who thank you for allowing us along for the ride."

Grain grower Thor Oechsner of [Farmer Ground Flour](#) also spoke during the award ceremony about June's work:

"To say June Russell has had a big influence on me and what I do is seriously a major understatement. When we first started trying to get our flour mill going in 2008, it was really June Russell who pushed us along and said, 'Hey, we need this down in New York City. There are markets here and I can help you access them.' Without knowing we had someone here who was going to be our champion, we never would have taken the next





Grain grower Thor Oechsner of Farmer Ground Flour introducing June Russell at the Snailblazer award ceremony.

step into trying to figure out how we grow food-grade wheat in the Northeast. ...

*We're milling almost 800 tons of flour now. This started with us carrying 5 gallon pails, climbing up a ladder, and having June go, 'C'mon we need more flour!' ... We now have ten different growers who are growing grain for our flour mill. **Because of what she did, we're able to pay them a really good price for their product. And a price that makes farming sustainable.**"*

Recipes

Let the holiday baking commence! It's time for biscuits, dinner rolls, scones, and, of course, pies, like the Bartlett pear galette from [Violeta Pasat](#) featured at the top of this newsletter. From Violeta's Instagram post: *Make a basic pastry recipe, slice 3 pears lengthwise and arrange them in the center of the pastry. In a small bowl combine sugar, cinnamon and bourbon vanilla, and then sprinkle generously over the pears. Bake the galette until the crust is a deep golden-brown and the fruit is bubbly and cooked.*

Here are a few more ideas:

[Whole Grain Cranberry Apple Scones](#) from Bon Appetit

[Roasted Leek and White Bean Galettes](#) from Smitten Kitchen

[Meta Given's Pumpkin Pie](#) from Food52

Featured Innovator: Sarah Owens, Baker and Author

Sarah Owens,
Owner of [BK17](#)
Bakery and



Bakery and Award-Winning Author

Writer, teacher, and baker Sarah Owens has been baking most of her life, but health issues led her down a path that ultimately changed the trajectory of that life. In 2009, after visiting several conventional doctors, Sarah was no closer to determining the source of her digestive trouble. She discovered her trigger foods included whole grains: not only wheat, but also alternative grains like quinoa. As a bona fide carb lover, Sarah did not want to eliminate these foods from her diet, so she searched beyond conventional medicine for a solution.



That solution turned out to be fermentation.

Once Sarah realized she could consume grains through sprouting and sourdough, she was hooked on baking with natural leavening. At the time, she was working as the rose curator at Brooklyn Botanic Garden, and baking during her spare time. Soon, people at work began requesting her loaves regularly, and Sarah's baking business was born. In 2015, she released her first book, the award winning *Sourdough: Recipes for Rustic Fermented Breads, Sweets, Savories, and More*.

As Sarah got further into baking, she realized the problem with grains goes beyond how they are used in the kitchen, and that it can be traced back to how they are grown and harvested. She found that the locally grown and processed heirloom grains, along with natural fermentation techniques, are easier on her digestion. She happily discovered that, as a bonus, local grains have superior flavor.

Because Owens's work focuses on grains that are both unfamiliar to most consumers and regionally specific, she teaches workshops around the country to help people become

better bakers. Even for seasoned bakers, using local grains—that are not standardized like typical flour blends—can be frustrating. She encourages people to accept that there will be a period of trial and error, but the reward is the most delicious bread.

Sarah Owens is currently promoting her second book, *Toast and Jam: Modern Recipes for Rustic Baked Goods and Sweet & Savory Spreads*, released this past August. She is also working on a third cookbook, to be released in 2019. This book will focus on heirloom grains along with time-honored baking techniques. In the meantime, you can find out where to buy her bread and what workshops are coming up by checking out her website: bk17bakery.com. You can also email her at info@bk17bakery.com.

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

