

---

The logo features the text "GREENMARKET'S REGIONAL GRAINS PROJECT" on a brown background. "GRAINS" is written in large, stylized letters with wheat stalks integrated into the letters. "PROJECT" is in a smaller, red font below it. There are wheat stalks on either side of "GRAINS".

# GREENMARKET'S 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](#). And our rotating stand is back! Here is the schedule for September, along with participating craft beverage producers:

- September 6 [USQ Wednesday](#), [Breuckelen Distilling](#)

- September 9 [USQ Saturday, Finger Lakes Distilling Co.](#)
- September 9 [Inwood, Van Brunt Stillhouse](#)
- September 10 [79th St, Prohibition Distillery](#)
- September 13 [USQ Wednesday, Van Brunt Stillhouse](#)
- September 16 [USQ Saturday, Neversink Spirits](#)
- September 16 [Grand Army Plaza, Strong Rope Brewery](#)
- September 17 [Carroll Gardens, Kings County Distilling](#)
- September 20 [USQ Wednesday, Neversink Spirits](#)
- September 23 [USQ Saturday, Nahmias et Fils](#)
- September 23 [Tribeca, Hillrock Estate Distillery](#)
- September 24 [Stuyvesant Town, Atsby Vermouth](#)
- September 27 [USQ Wednesday, Nahmias et Fils](#)
- September 30 [USQ Saturday, Standard Wormwood](#)
- September 30 [Fort Greene Park, Van Brunt Stillhouse](#)

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

---

### [\*Beer and Spirits of NY Pop-Up\*](#)

Multiple locations

On-going

Greenmarket welcome breweries and distilleries selling products made with local ingredients. Every week, New Yorkers can meet a different craft beverage producer, sample their products, and purchase a bottle or two to bring home. The businesses participating qualify as New York State Farm Breweries and Distilleries. Click [here](#) for the schedule. Cheers!

### [\*Ask an Expert\*](#)

[The Grainstand](#) at [Union Square Greenmarket](#)

September 23

10am to 2pm

Paul Le Beau, Managing Director of [Wolfgang Mock](#), will be at the Grainstand to demonstrate the [Mockmill](#) and discuss the benefits of at-home milling.

### [\*Ask an Expert\*](#)

[The Grainstand](#) at [Union Square Greenmarket](#)

September 30

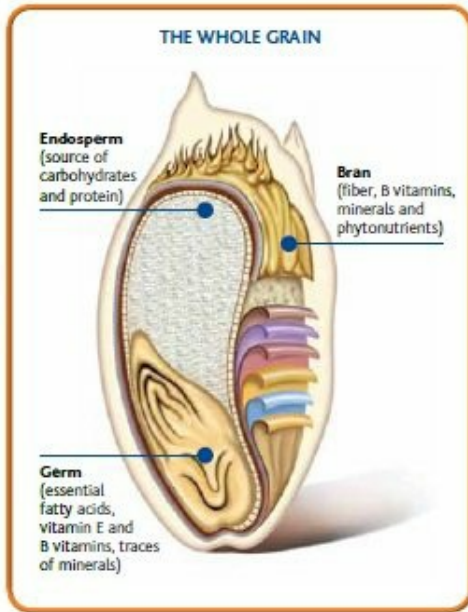
10am to 2pm

Aaron MacLeod, Director of Hartwick College's new [Center for Craft Food and Beverage](#), will be at the Grainstand to discuss all things barley! We'll be selling some malted barley for home brewers and MacLeod will be able to help troubleshooting for beginning brewers.

---

[In-depth Local Milling](#)

# In-depth Look: Milling



Cross Section of Wheat Kernel,  
via <https://www.britannica.com/topic/cereal-processing>

Milling is an ancient processing method of breaking wheat kernels into fine flour to make bread. Before milling, grains were cooked as a porridge and eaten alone or as a topping for various meats. Once flour was discovered, by crushing the wheat between stones, it was possible to make bread. The Egyptians saw this transformation as pure magic, and the millers and bakers were revered. From the Middle Ages through much of the 19th century mills dotted the landscape to mill flour for households, farms and bakers.

For much of milling history, flour was made by grinding wheat between large stones. Stones were cut to make lands (a flat surface for grinding the grain) and furrows (grooves to carry the flour out of the mill). Mill stones were made in many sizes and powered by human labor, livestock, water or wind. By crushing and grinding the grain, stone milling incorporates the germ oils and fine particles of bran into the flour. The flour tends to have an oily feel and darker, flecked appearance, even after sifting.

In the 19th century, the roller mill was developed to mill flour more rapidly and produce a whiter flour. Roller mills are multiple pairs of steel cylinders, each pair set closer together. The grain is lightly crushed and the bran falls off in large flakes. It becomes possible to sift a larger portion of the bran and germ away, producing a lightly textured and less flavorful flour. Roller milling quickly became the industry standard as a means to increase production of desirable white flour.

In the Northeast, through the 19th and 20th centuries, small mills closed as grain production and milling became concentrated in the Midwest. Over the past several years, though, the region has seen a revival. Many stone and some roller mills are producing flour for regional professional and home bakers. To our delight, millers have learned how to produce excellent flours, and bakers are learning how to bake with them.

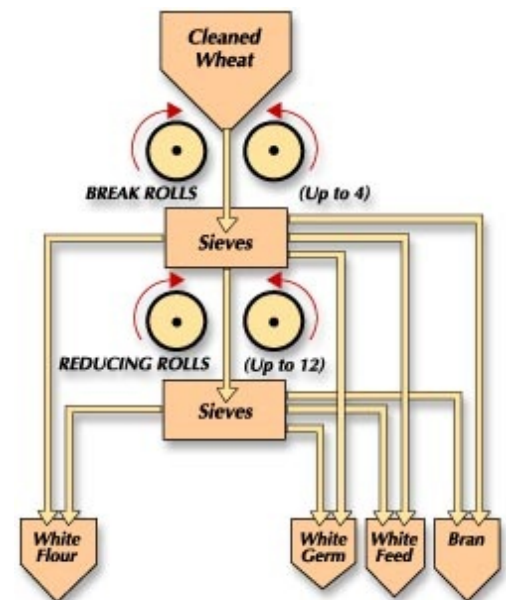
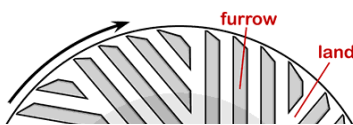
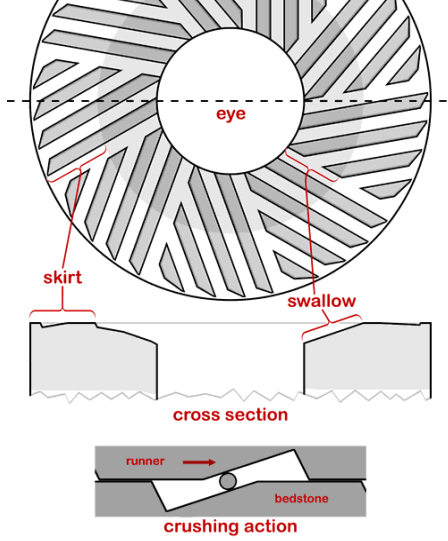


Diagram of a Roller Mill,  
[http://www.cerealsdb.uk.net/cerealgenomics/WheatBP/Documents/DOC\\_Milling.php](http://www.cerealsdb.uk.net/cerealgenomics/WheatBP/Documents/DOC_Milling.php)

Beyond producing flour, millers are highly valuable intermediaries between the farm and consumer. They are able to coordinate crop varieties and volume, judge grain quality - for safety and baking - and ensure grain is clean, dry, stored, and packaged.



## CROSS SECTION OF THE MILLSTONES



Stone,

via <http://www.cementkilns.co.uk/grinding.html>

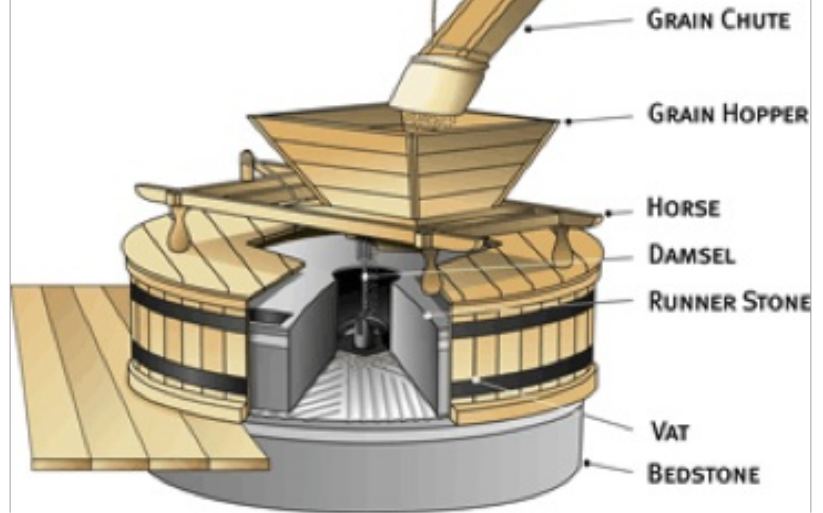


Diagram of a Stone Mill, via [www.deltamill.org](http://www.deltamill.org)

---

## Recipes

---

For information on using fresh milled flour in your home baking endeavors, check out the following links:

[Fresh Flour Power](#)

[Baking Sourdough with Fresh Milled Flour](#)

[Home Milling Your Own Flour](#)

---

## Featured Innovator: Blair Marvin, of Elmore Mountain Bread

---

"Why can't we talk about the de-commodification of wheat like we talk about coffee, hops, and dairy?"

Blair Marvin and her husband Andrew Heyn were seasoned food industry professionals long before their current roles as owners of [Elmore Mountain Bread \(EMB\)](#). They knew that they wanted to be involved in the local food scene, but were not sure in what capacity. So when the opportunity to take over a bakery close to home (in the town of Elmore, VT) presented itself, they jumped at it—despite not having any formal baking experience. This required a hurried

education, and Marvin credits the early success of EMB to "incredible books, each other, and lots of trial and error." Now entering their 14th year of bakery ownership, the couple was right to take the leap of faith.





The first major



Blair Marvin, co-owner of Elmore Mountain Bread

Andrew Heyn, co-owner of Elmore Mountain Bread hurdle Marvin and Heyn faced was how to increase production while maintaining a favorable quality of life. Rather than bulk up staffing, they found that acquiring a larger and more efficient oven was key.

Now they produce approximately 1,800 loaves (as opposed to 600-850 using their original oven) with just the help of one "mostly full time" assistant baker. Once their production problems were remedied, they focused on a new challenge. The goal was to grow in a way beyond simply increasing sales. They wanted to become more knowledgeable about their primary ingredient: flour. So six years ago, they began transitioning away from the Quebecois organic flour they were using towards sourcing grains in their own community and milling in house. [Read More.](#)

---

## 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](http://www.grownyc.org)

