15 Reasons to Eat Locally Grown Grain

1. Local grains taste better. Farmers grow a diverse variety of wheat and other grains, and these products travel a more direct path from the field to your pantry. Without the conventional additives, local grains have more interesting flavor profiles and taste fresher. 2. Local grains have more character. From their behavior in the bowl to their nutritional value, local grains are “alive”, making them more fun to work with and better for your body. 3. Local grains build healthy soils. Growing grains can prevent soil erosion and add organic matter to soils, building their fertility. In other words: Local grains help support the local vegetables we love! 4. Supporting local grains rebuilds regional food systems and the regional economy. In addition to the on-farm jobs they support, local grains require processing, storage, and distribution. This means more regional-scale infrastructure and jobs in these facilities. It also paves the way to create other regional food infrastructure for products like meat, pickled and processed goods, and more. 5. Nothing makes truly “artisan” bread like truly artisan grains. Bakers using regional grains are constantly innovating to celebrate the diverse flavors and characteristics of local grains, creating a richer array of products. 6. If eating emmer makes you sexy, eating einkorn makes you even sexier. Need we say more? 7. Local grains increase the diversity of products farmers can grow. This makes their businesses stronger and more resilient. It also makes local ecology more resilient by increasing biodiversity. 8. Greenmarket farmers grow these products really, really well. They do magic with tomatoes; imagine what they can do with spelt. 9. You shouldn’t have to go to Brighton Beach to get good buckwheat and rye bread. 10. Heritage corn makes better polenta, better tortillas, and better bourbon. 11. You can cook it, bake it, brew it AND distill it. 12. Local grains are traceable. No GMOs. No secrets. Just ask your farmer. 13. “Warthog” is fun to say. Our farmers love it for its beautiful agronomic traits. Our bakers love it for its rich flavor. We just like the way it sounds. 14. Because the “staff of life” should be local, too. 15. Bread is agriculture! And so is beer, whiskey, cake, and granola.