



Restoring Heritage Grains: The Culture, Biodiversity, Resilience, and Cuisine of Ancient Wheats

Eli Rogosa

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Including recipes for baking with Einkorn

Wheat is the most widely grown crop on our planet, yet industrial breeders have transformed this ancient staff of life into a commodity of yield and profit?witness the increase in gluten intolerance and 'wheat belly'. Modern wheat depends on synthetic fertilizer and herbicides that damage our health, land, water, and environment. Fortunately, heritage 'landrace' wheats that evolved over millennia in the organic fields of traditional farms do not need bio-chemical intervention to yield bountifully, are gluten-safe, have rich flavor and high nutrition. Yet the robust, majestic wheats that nourished our ancestors are on the verge of extinction.

In *Restoring Heritage Grains*, author Eli Rogosa of the Heritage Grain Conservancy, invites readers to restore forgotten wheats such as delicious gluten-safe einkorn that nourished the first Neolithic farmers, emmer?the grain of ancient Israel, Egypt, and Rome that is perfect for pasta and flatbreads, rare durumms that are drought-tolerant and high in protein, and many more little known wheat species, each of which have a lineage intertwined with the human species and that taste better than any modern wheat.

Restoring Heritage Grains combines the history of grain growing and society, in-depth practical advice on landrace wheat husbandry, wheat folk traditions and mythology, and guidelines for the Neolithic diet with traditional recipes for rustic bread, pastry and beer. Discover the ancient grains that may be one of the best solutions to hunger today, and provide resilience for our future.

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