

Heritage Wheat Conservancy



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Restoring wheats that nourished people for
millenia, but today are almost extinct

'Heritage Wheat Conservancy'



is for organic farmers, artisan bakers and people that like to eat delicious bread, a project rooted in New England's history that is at the heart of today's global food and farming issues.

New England's delicious heritage wheats, many of which date back to Biblical times, are in danger of being lost to the world.

Modern wheat, the most widely cultivated plant on earth, is bred for uniformity and high yield for industrial food systems. Modern wheats are bred short so they don't keel over under chemical nitrogen fertilizers that make big seeds, but are an empty harvest; lower in protein and micro-nutrients. Their uniformity enables easy harvest but increases susceptibility to disease and pests.

Heritage wheats are twice as tall with large root systems that search out organic nutrients, and provide stable yields in New England weather. Heritage wheats have been selected by generations of traditional farmers for rich flavor and robust health. Their taller height competes naturally with weeds (no herbicides needed), and allows for greater photosynthetic activity. Heritage wheats' complex traits of rich flavor and nutrition are the very qualities that are bred out of modern wheats.

The heritage wheat varieties best suited to New England's organic farms, that impart that special flavor to our traditional breads, are **almost extinct**.



'Adopt a Crop' Seed Library



M.A. Carleton in a Wheat Field 1900

We invite you to help restore a delicious heritage wheat variety on the verge of extinction:

1. Ancient Mesopotamian Einkorn*
 2. Biblical Emmer of original Matzah*
 3. Masada Wheats found by Yigal Yadin, Dead Sea Scroll translator
 4. Purple Ethiopian Wheat - high in antioxidants
 5. Medieval Thatching Wheat - tall sturdy straw with large grains
 6. Spanish Durum brought by the Conquistadors in 1509
 7. 'Celtic Lammas' wheat brought here by British settlers in 1602 *
 8. French Heritage wheat preferred by artisan bakers *
 9. 1838 Mediterranean Wheat from Peter Henderson
 10. Cyrus Pringle's Vermont-bred 1860 'Defiance' wheat
 11. Winter hard red 'Baltic Banner' that nourished 1800s Maine
 12. Halychanka (aka Red Fife) direct from its Galician homeland
- and more...

** Starred varieties available for sale: \$3. per oz.*

Every Farmer a Breeder

Seed-saving and adaptive selection has been the right and responsibility of farmers since the emergence of agriculture. As practitioners of a traditional art, let us reclaim our power to forge crops that best fit our land, our markets and our imagination.

Indigenous wheat and vegetables have been selected by traditional farmers over generations to have rich flavor and disease resistances, producing steady yields in organic fields, many with history dating to biblical times.

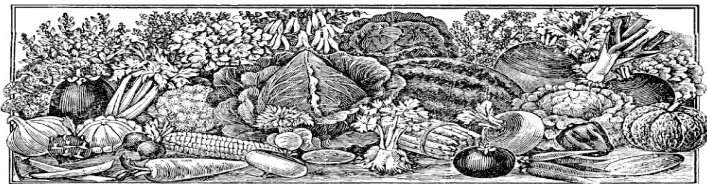
Conserving the agro-biodiversity of landrace wheat is not only the best defense against disease, pest and stress, but can enhance livelihoods of organic farmers - a key link for robust food systems for a planet facing unprecedented climate change and urbanization.

Seed Crops are Good for Your Farm

The farm ecosystem benefits from the increased diversity that seed crops introduce. Crops in their flowering stage are sheltering habitats for beneficial insects-predators on pests. A diversity of habitats and species is the organic farmers best biological control.

Return to Resistance

Green Revolution pureline breeding can increase susceptibility to disease. Pathogens evolve ways to overcome a single resistant gene. Landraces have complex genepools of adaptive, resistances that enable plants to adapt and survive challenges.



Basic Seed-Saving Guidelines

Organic farmers today can enhance yield and quality of crops by selective seed-saving to improve traits, as generations of farmers have done before us, using the following guidelines:

* **Decide what variety has potential for improvement.** Select traits to improve based on the variations of the plants in your field and your market needs, such as cold tolerance for year-round harvest, resistance to disease or attractive appearance.

* **Grow as large a population as possible for a diverse pool of traits.** Trial and compare the same crop from many different companies. Select large numbers of plants from the best lines with traits you seek. Use your intuition. **Plant thin** so you can evaluate each plant. Allow **wild native habitats** to grow in to attract beneficial pollinators and predators of insect pests.

* **Screen** out weaker plants. Don't baby the crop. Remove or market the less desirable plants before flowering to prevent cross-pollination with the superior mother plants. **Keep the whole plant in mind** as you select to unwittingly select out valuable but less visible traits. Save the best plants for seed.

* **Tips:** Let the best plants cross-pollinate. For crossers of pre-flower green leaves (ie brassicas), evaluate, taste and rogue out less desirable plants to sell or eat. For post-flower fruits (ie:cucurbits) evaluate the first fruits, tag the best plants, rogue out the poorer plants (alas nothing to sell at this stage). Isolate to prevent accidental crossing, unless you want new crop combinations.

* **Harvest** the now-improved line. Remove smaller, lower quality seed. **Repeat** your selection process year-by-year.





There are no heritage wheats available unless we restore them ourselves. Growing-out and baking with a delicious landrace wheat is the best insurance against extinction.

ANNUAL MEMBERSHIP \$36.

Name _____

Address _____

Email _____

‘Adopt-a-Crop’ Seed Library

	1. *Ancient Mesopotamian Einkorn - spring
	2. *Biblical Emmer of original Matzah - spring
	3. Masada Wheats near cave of Dead Sea Scrolls
	4. * Baladi Spring Wheat from Wadi Fukin
	5. Purple Ethiopian Spring Wheat - high in antioxydants
	6. Medieval Thatching Wheat - sturdy straw, large grain
	7. Spanish Durum brought by the Conquistadors in 1509
	8. *Celtic Lammas’ winter wheat British settlers in 1602
	9. *French Heritage winter wheat for artisan bakers
	10. 1838 Mediterranean Wheat from Peter Henderson
	11. Cyrus Pringle’s Vermont-bred 1860 wheats
	12. ‘Baltic Banner’ from 1800s Maine - hard red winter
	13. Halychanka Spring (aka Red Fife) direct from Galicia
	13. Hope (Red Fife x Red Calcutta x Emmer) spring

* Starred varieties are available for sale - \$3. per oz.

Other varieties may be ‘borrowed’ with the agreement that half of your harvest will be contributed back to our community seed bank.

\$36. - Individual Member: free workshop and library use.

\$360. - Business Member: first option to buy all available flour (exclusively) of your adopted variety, with promotional brochure on adopted variety, on-site workshop series for community involvement.
20% discount on the flour.

Educational Members: workshops and fees tailored to each school

It takes about three years to restore a crop to commercial production.

WHEAT BIODIVERSITY



1. T. boeoticum – wild einkorn, 2. T. monococcum – einkorn,
4. T. araraticum, 5 T. dicoccon – emmer, 6 T. durum,
2. 7. T. polonicum – polish, 8. T. spelta, 9. T. aestivum,
10. Aegilops – goat grass