



EINKORN

GRAIN OF THE ANCIENTS



HARVESTING EINKORN IN ANCIENT JERICHO 10,000 YEARS AGO

GLUTEN SAFE

for some
wheat allergies

Ancient Einkorn is being
rediscovered today for
its robust flavor and
high nutrition.

As more people become allergic to modern wheat gluten, 'gluten safe' Einkorn offers a welcome alternative. Einkorn is the most ancient species of wheat from the dawn of agriculture. Almost lost einkorn is being rediscovered today as a nutrient-rich whole grain, higher in protein and trace minerals than modern wheat.



Einkorn's delicate, filagree glumes rise up from the grain head, imparting a feeling of calm beauty. Einkorn has been beloved by peasants through the ages for its rich flavor, digestibility, and resilient ability to thrive in organic farms. Einkorn bread has a rich taste, more protein and minerals than bread wheat and make excellent breads with a 'light rich, nutty flavor.



Why is Einkorn 'gluten safe'?

Einkorn gluten is different than modern wheat gluten. Einkorn's natural gluten is safe for some gluten sensitivities and celiacs. Modern wheat has been bred for stronger (but less digestible) gluten to withstand industrial kneading. Ancient einkorn has natural, more digestible gluten.

All modern wheat evolved from wild emmer wheat (*T. dicoccoïdes*). Although a member of the wheat tribe of *Triticum*, Einkorn (*T. monococcum*) is not directly related to modern wheat.

We advise to work with your doctor to test if einkorn is safe for you, since every person is unique. A cautious way to test by yourself is to touch einkorn to your lips. Does it feel ok? If you feel no reaction, carefully place a tiny amount on your lip then tongue. Take slow, careful steps to test for yourself if you feel any reaction. Every person is unique.

If you suspect that you are allergic to wheat, first eliminate ALL gluten from your diet for at least three months, then slowly, slowly test to see what is safe.

RECIPES

Cook like brown rice for a delicious grain, breakfast cereal or mix in soup. (Combine 2 parts water to one part grain, boil water then let simmer till well cooked.) For tabouleh, mix cold cooked einkorn with diced tomatoes, parsley, cucumbers, a dash of lemon and garlic. Grind into flour for delicious breads. Lightly roast flour and mix with juice in protein shakes.

All profits support conservation of rare wheats by

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