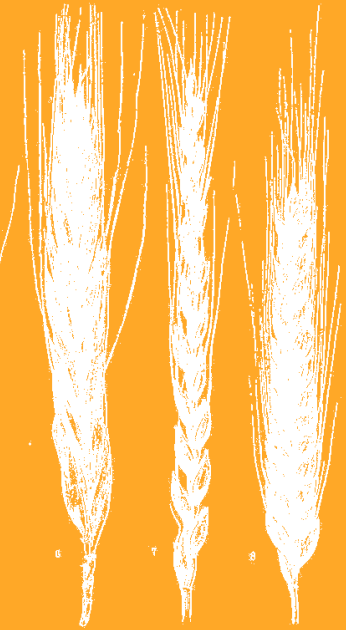


# Let's talk *Ancient Grains*



## Einkorn

About 30,000 years ago, hunter-gatherers in the fertile crescent started harvesting a wild grain - Einkorn. It was first domesticated approximately 10,000 years ago. Therefore, Einkorn - being the grandmother of all our bread wheat and a natural superfood - should be very well known to us..

Unfortunately, this special grain was almost forgotten, up until not so long ago when the big revival of ancient grains began.



## Emmer

Einkorn was the grandmother - others followed! Emmer developed as a natural cross between einkorn and goat grass. During the Neolithic age, Emmer was the main food staple in every settlement in the near East.

Just like Einkorn, Emmer contains lower gluten and higher protein levels but in addition, it is also very rich in fibre.

Particularly noteworthy is the high content of zinc, magnesium and carotenoids.

Emmer is definitely our favourite grain for pasta making.

## Spelt

From Emmer, Spelt developed. It was already known and honoured in medieval Europe. It was known as the healing food, the grain that is nourishing for the young and the old, the sick and the healthy.

It is much more common, than its ancestors and it was the first grain we started importing from Europe.

In Germany, it is widely used and Well known for its health benefits.

Spelt has the great nutritional profile of an ancient grain, but also excellent baking properties, making it a wonderful alternative to wheat.