

Einkorn

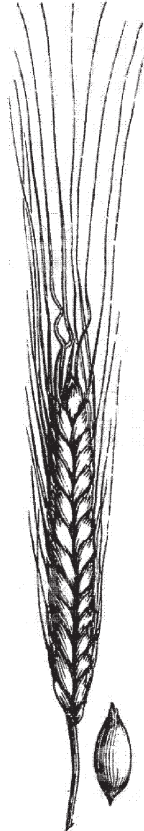
The First Grain

Nutrition

Einkorn offers the vital nutrition of an ancient species of pure grain. Reaching the stately height of 5 feet, Einkorn's impressive array of phytonutrients come from 500% more leaf surface for photosynthesis than modern wheat. Einkorn has more protein and minerals, the antioxidant lutein, B vitamins, and an abundance of vitamin A-rich carotenoids that gives Einkorn its golden yellow color.

Digestability for Gluten Sensitivity

Although it contains gluten, Einkorn is a unique diploid wheat type with a different number of chromosomes from all other wheats. Many people with wheat and gluten sensitivities to modern wheat are finding Einkorn a safe alternative.



The Story

Einkorn was one of the first cereals cultivated for food.

It has evolved exclusively from wild einkorn. Due to its vigor and quality, einkorn has survived through the generations in small, remote villages. The einkorn used in this bread is a mixture of einkorns collected by Eli Rogosa (Heritage Grain Conservancy) from peasant farmers in the

Carpathian and Caucasus mountains, the Balkans, Israel, and Turkey, that have grown in organic soils since the dawn of agriculture. Ei hand selected the healthiest plants to create an einkorn variety with broad genetic diversity for resilience under weather extremes and for a complex, nutty flavor.

Today it is grown by Lakeview Organic Grain in Penn Yahn, NY, and then stone-milled at

LightForce Bakery.

Einkorn Bread Handmade at LightForce Bakery ~ 116 Main Street Philmont NY 12565

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