

A look at Spelt

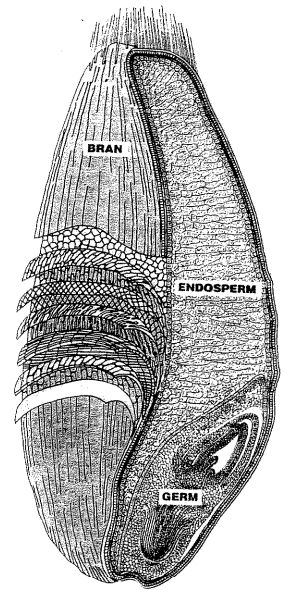
A sneak peak at the inside of grains.

Spelt, Kamut, Rye, and Wheat are all varieties of grain that contains a kernel, or berry. This is the seed from which the grain grows. Each seed is made up of three parts; the germ, bran and endosperm.

Germ- The smallest part of the grain which contains most of the oil and a good amount of protein, B vitamins and minerals.

Bran- This is an outer layer of the berry which has large amounts of B vitamins and fiber.

Endosperm- Makes up most of the kernel's weight which contains most of the iron, protein and carbohydrates. This is the part of the grain used for making white flour.

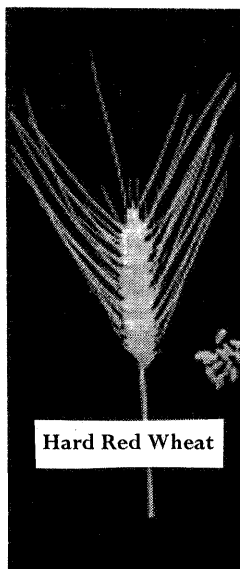


Spelt was popular in the past and consumed all over the world. Wheat replaced spelt when it was bred to be easier to handle and produce more grain. Many people with wheat allergies can consume spelt, creating more demand for this great grain.

SPELT

Ancient grain
9,000 years old
Higher in fiber
More complex B-vitamins
Higher in Iron and Potassium
Good Amino Acids profile
Protein content 14-18%
Harder Hull protects grain

VS.



WHEAT

Modern grain
Wild grass relative from 11,000 B.C.
4,000 B.C. wheat relative farmed
Higher in Calcium
More Gluten content for baking
Modern grain made to increase yield
Protein content 11-14%
Wheat created to grow easier

History of Spelt

Spelt is an ancient grain whose origins can be traced back over 5000 years ago to the Middle East near what is now Iran. It was very popular in Greece, Rome and throughout Europe. The popularity of spelt grew to such an extent in some areas that it was even used as offerings to their gods of agriculture to encourage a good harvest and fertility.

This grain has been grown throughout the world and is preferred because of its tough outer husk. Spelt's tough husk protects the nutritious berry from pests, diseases and chemicals better than many other grains, which makes spelt a more desirable grain. Most spelt berries are slightly reddish in color and look similar to a grain of rice.

In the early 20th Century, Spelt was almost completely replaced by wheat in many countries due to the wheat plant's ability to produce higher quantities of grains than the spelt plants. The tough outer husk on spelt berries made them harder to process than wheat, which also led to the decline of spelt farming.

More recently, spelt has seen a surge in production. There are several reasons why people are rediscovering spelt. Spelt flour is popular among people who cannot eat wheat because it can replace wheat flour one for one. Modern wheat has been bred to be easier to grow, harvest, and process for use in commercial baking. Spelt has not gone through these changes and maintains its nutrition and flavor.

Double Chocolate Spelt Cookies

1 cup Turbinado sugar
¼ cup Margarine, non-hydrogenated
1/3 cup Oil
2/3 cup Milk (soy, rice or cow)
1 tsp. Vanilla
3 cups Spelt Flour
½ cup Cocoa Powder
1 tsp. Baking Powder
1 tsp. Baking Soda
¼ tsp. Salt
½ cup Chocolate Chips

Cream together margarine and sugar, then add oil. Slowly stir in vanilla and soymilk until well blended. In a separate bowl mix together dry ingredients. Stir into the wet ingredients and mix. When half mixed, pour in the chocolate chips and blend until ingredients are just mixed. Bake at 350°F for 10-15 minutes. Makes 2 dozen cookies.