



Greenmarket Regional Grains Project Newsletter December 2016



"It all starts with the choice of grain, which is first a question of place and time."

-- Karen Hess, *A Century of Change in the American Loaf*

The Greenmarket Regional Grains Project is pioneering the new frontier in local food: grains. With our partners, we're building the marketplace for grains grown and milled in the northeast. We are educating and connecting growers, processors, bakers and chefs -- sparking a rise in demand for local grains while helping ensure the crop supply and processing infrastructure are there to meet that demand.

The evidence is clear: Regional grains have arrived.

Upcoming Market Dates

The Grainstand is coming to 79th Street this Sunday! The retail stand also continues its weekly presence at Union Square on Wednesdays and Saturdays. And our pop-up at Grand Army Plaza, Bk, continues through December. Here is our full schedule through January:

- o December 17, USQ Saturday, Grand Army Plaza, Bk
- o December 18, 79th Street
- o December 21, USQ Wednesday
- o December 24, USQ Saturday, Grand Army Plaza, Bk
- o December 28, USQ Wednesday
- o December 31, USQ Saturday, Grand Army Plaza, Bk
- o January 4, USQ Wednesday
- o January 7, USQ Saturday
- o January 11, USQ Wednesday
- o January 14, USQ Saturday
- o January 18, USQ Wednesday
- o January 21, USQ Saturday
- o January 25, USQ Wednesday
- o January 28, USQ Saturday
- o January 28, Inwood, Bk

Pre-ordered bulk bags are available at Union Square Greenmarket every Wednesday. [Check availability and pricing here](#). To pre-order and for more information, please e-mail us. Wholesale orders of \$250 or more can be delivered through [Greenmarket Co.](#), GrowNYC's wholesale distribution program.

News Highlights: Cookies and Spirits

Spirits Makers Go Local



It was another banner year for GrowNYC's fall 2016 New York Beer, Cider and Spirits Fall Pop-Up!

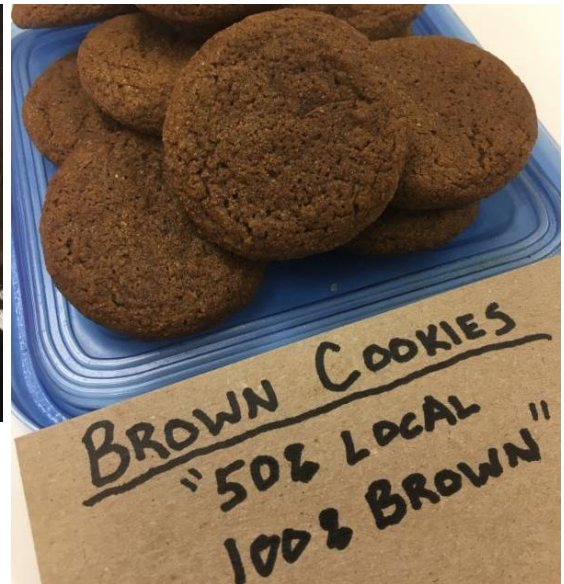
Over the course of the fall, we welcomed 23 farm distillers, 17 farm brewers and 14 farm cideries to Greenmarket to sell their products made with New York grown grains and apples. The crowds gathered each weekend to sample and buy, with nearly every participant giving glowing reviews of the day.



We capped the season with a trade show at GrowNYC's stunning new [Project Farmhouse](#), with about 70 guests learning, networking and drinking. Thanks to everyone who turned out!

Greenmarket Staffers Roll Out the Regional Grains for Annual Holiday Cookie Swap

It was a true coterie of the finest cookies the holiday season has to offer. Greenmarket's home bakers outdid themselves this year, many trying their hand at regional flour for the first time. Emmer shortbreads! Buckwheat cookies! Maple cookies with Frederick flour and cornmeal! Jam thumbprint cookies! Gingerbread! Can't wait to see what team GM comes up with next year.



Event Highlight: NOFA New York Winter Conference

NOFA-NY Winter Conference: Long Live The Farmer January 20-22, 2017, Saratoga Springs, NY

Each year the NOFA conference grains track just keeps getting better. Join The Grainstand's June Russell and Henry Randall in January for the amazing line-up of grains talks, workshops and demos. Register [here](#).

Field to Flask: Farmers, Maltsters, Brewers and You

Friday at 1:30 p.m. and Saturday at 9 a.m.

Drop in on a session with farmers, maltsters, brewers, distillers and consumers who support and promote the regional craft beverage community. June Russell will co-present with Andrea Stanley of Valley Malt, Peter Hatalyk, Jr. of High Rock Distillers, Aaron MacLeod from the Center for Craft Food and Beverage at Hartwick College, June Russell from the Regional Grains Project Grow NYC, and Greg Hostash and Rebecca Platel from the Carey Institute's Helderberg Brewery Incubator Project.

Restoring Heritage Wheat

Friday 9 a.m. to 10:15 a.m.

Seed saver Eli Rogosa of Heritage Grain Conservancy talks about restoring forgotten landrace wheats, biodiversity, and practical polyculture growing methods. Also learn fascinating folklore and healthy Neolithic-inspired recipes with ancient einkorn.

Talking Grains from Ground to Plate: Marketing Whole Grains and Whole Grain Flours

Friday 10:30 a.m. to 11:45 a.m.

Grain grower Thor Oechsner and author Amy Halloran lead a cooking class that will help you articulate grain differences, from the growing & milling angle to basic kitchen functionality. They'll demonstrate how to make & write simple recipes for dishes using staple crops.

Organic Grain Techniques: Field to Storeroom

Sunday, 9:00 a.m. to 12:45 p.m.

Producing grain in the Northeast that can be saved for high quality seed needs attention and planning to make sure the end product is supreme. Learn from farmer Jack Lazor and researcher Heather Darby as they will cover major considerations for producing high quality seed from field selection to storage.

Featured Product: The Holiday Miracle of Warthog Wheat

Warthog: The Gift That Keeps Giving



Warthog is a modern winter wheat packed with flavor and nutrients.

Anytime you buy the ever-popular all purpose, half white and whole wheat bread flours from Farmer Ground Flour, you are buying warthog wheat. It's a hardy crop resistant to disease and pests, can be milled into a versatile fresh flour, and used as a whole berry for a rich pilaf or as a texture pop in salads and stews.

No one says it better than Grainstand customer Denise Young, who surprised us one fine afternoon with this email about her freshly milled warthog bread, pictured below.

"There is nothing like the smell of fresh-milled wheat, and Warthog has an amazingly complex aroma. Almost like a wine or single-origin coffee, I can detect floral and spicy notes. Using my Komo Fidibus 21, I grind it directly into the rye pre-ferment, unsifted. After a few turns over several hours, it goes into the fridge for a long cold bulk fermentation. I shape the loaf into a round boule, and nestle it in a small round banneton. It goes back in the fridge to avoid over-proofing while the oven heats up. The loaf bakes in the Combo Cooker for 20 minutes with the lid on, and then 23 minutes with



the lid off. Voila!!
It is a predictable and delightful wheat that I can use by itself or in combination with rye or spelt. It also makes for great cookies!"

Available now at The Grainstand!



Recipe Highlights

Some recipes for holiday cookies using regional grains and flours available now from the Grainstand...

- Melissa Clark's adaptation of these **incredible buckwheat cookies** from the Cascina del Cornale market in Italy.
- And this splendid **Rye Gingerbread** from the culinary encyclopedia Larousse Gastronomique:

Ingredients:

- 1/2 cup butter
- 2 tablespoons molasses
- 2/3 cup milk
- 1 3/4 cup rye flour
- 1.5 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon allspice
- 1/8 teaspoon nutmeg
- 1/8 teaspoon clove
- 2 teaspoons ground ginger
- 1 teaspoon baking soda
- 1/4 cup brown sugar
- 2 eggs
- Brown Butter Icing (optional, see below)

Directions

- Melt together butter and molasses
- Turn off heat, add milk, allow to cool to room temperature.
- Stir together dry



Rye gingerbread expertly baked by Grainstand Sales Rep Henry Randall.

ingredients.

- Beat together brown sugar and eggs until light and frothy
- Add butter/molasses/milk mixture to sugar/egg mixture
- Mix in dry ingredients
- Pour batter into a greased, parchment lined cake pan
- Bake at 300 until firm to the touch and knife or toothpick inserted into the middle comes out clean; 45-55 minutes
- Let cool in pan for 10 minutes, then transfer to wire rack until fully cool.

Brown Butter Icing (optional):

From Martha Stewart

Ingredients:

- 1/2 cup butter
- 1 cup powdered sugar
- 1-2 tablespoons milk, room temperature

Directions:

- Melt the butter in a saucepan until light brown in color but not burnt.
- Whisk in sugar until smooth.
- Take off heat. add milk.
- Consistency should be lightly spreadable. If too thin, add more sugar. If too thick add more milk.
- Pour over top of gingerbread and allow to drip over sides.

Donate to the Greenmarket Regional Grains Project

Keep us in mind for end-of-year tax deductible donations! The Regional Grains Project is more committed than ever to building a resilient regional food system through linking urban and rural communities together.

Make donations to GrowNYC [here](#). Be sure to note "**GRAINS**" if you'd like your donation to fund our project. Thanks!

The Greenmarket Regional Grains Project and the Grainstand are programs of GrowNYC, the sustainability resource for New Yorkers: providing free tools and services anyone can use in order to improve our City and environment. More gardens, Greenmarkets, more recycling, and education for all.

Learn more at www.grownyc.org

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