



*"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 will be at [Union Square Wednesdays](#) all summer long, from 8 a.m. to 4 p.m. We will return to Union Square Saturdays starting September 10. We will also be returning to Grand Army Plaza and Fort Greene Park on September 10, and to Greenpoint/McCarren Park Saturday on October 15.

- o July 20, [USQ Wednesday](#)
- o July 23, [Inwood](#)
- o July 27, [USQ Wednesday](#)

Retail and pre-ordered bulk bags are available at Union Square Greenmarket every Wednesday, as well as frequent pop-up markets. [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.

Event Highlight: Beer and Spirits of New York

This fall the [Beer and Spirits of New York Pop-up](#) will once again join the GrowNYC Grainstand at Greenmarket. New Yorkers will be able to shop for local flours and grains while sampling bites, beers, spirits and ciders made with locally grown ingredients. This is a great chance to meet and shop at the cideries, distilleries and breweries taking advantage of the NY State farm brewery and farm distillery legislation. Thanks to funding from Empire State Development, the pop-up will appear from September until Thanksgiving at these Saturday Greenmarkets:

- **Union Square and Grand Army Plaza:** Sept. 10, 17, & 24; Oct. 1, 15, 22, & 29; Nov. 5, 12, & 19
- **Fort Greene:** Sept. 10, 17, & 24; Oct. 1
- **Greenpoint/McCarren Park:** Oct. 15, 22, & 29; Nov. 5

Featured Products

Red fife zucca

Named for the Italian word for squash, these pastas are made with a blend of red fife heritage wheat from Klaas Martens's [Lakeview Organic Grain](#), and Canadian semolina. The bronze-extruded pasta comes from the folks at [Sfoglina Pasta Shop](#).



Red fife is a best-in-show heirloom wheat, with its origins in the eastern Mediterranean, known for good growing qualities, a spectacularly nutty quality to its flavor, and impressive performance qualities as a bread baking flour. [Available only at the Grainstand!](#)

Warthog berries

Warthog is a modern winter wheat packed with flavor and nutrients that has proven to be a star in [Cornell University's recent wheat variety trials](#). 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.

Brassato Hybrid Winter Rye Berries

Hybrid rye is a new development for farmers seeking to fill the ever growing demand for grains used in baking, spirits and beer. Brassato has a larger kernel than cover crop varieties, and shows good resilience under drought and heat conditions. With more endosperm and less bran than other rye varieties, it produces a more "floury" mill and has slightly less chew in its whole berry form. But the flavor of rye -- that earthy, cinnamon-stick style unctuousness -- is still plenty present, and we're happy to be able to supply a limited amount of this Brassato from Klaas Martens, alongside our Danko rye which comes from [Maine Grains!](#)

Recipe Highlights

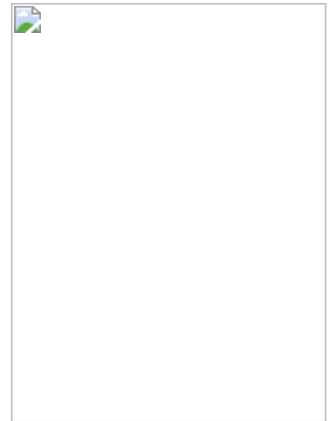
Here are some perfect summer recipes using regional grains and flours available now from the Grainstand.

[Baked Beans from GRGP's Henry Randall using Marafax Beans from Vermont Bean Crafters \(pictured right\).](#)

[A beautiful, versatile bundt cake great for summer fruits, whipped cream, or a cup of coffee in the morning.](#)

[Mark Bittman's Good Old Fashioned Corn Bread](#)

[A flatcake primer](#) from our partner and ally Amy Halloran, author of the must-read for any regional grains enthusiast, [The New Bread Basket](#).



Another GRGP favorite hot off the presses: [Restoring Heritage Grains: The Culture, Biodiversity, Resilience and Cuisine of Ancient Wheats](#), Eli Rogosa's fascinating tale of her search for ancient grains and success in bringing them to folks like us in the northeastern U.S.

News

Regional Grains Gathering Shows Off Just How Far We Have Come



June 10, 2016, Ithaca, NY -- The renaissance of organic wheat grown in the northeast was on full display on June 10, during a momentous gathering of researchers, bakers, millers, farmers - pretty much anyone moving the needle in the push to revitalize regional grains. The field day -- **"Sowing the Future of Organic Wheat Research in the Northeast"** -- was hosted by Cornell University at their research farm in Ithaca, NY. [\(See photos here!\)](#) It was the capstone to five years of USDA-funded work from the Value Added Grains Project team: [Cornell](#), [NOFA-NY](#), GrowNYC's [Greenmarket Regional Grains Project](#), and the [Organic Growers' Research and Information-Sharing Network](#).

GRGP's June Russell, Stephen Wade and Henry Randall drove up from NYC to share the transformation happening before our eyes at the markets, as more people - from home cooks to professional chefs and bakers to brewers and distillers - discover the singular qualities of regionally grown and milled grains and flours.



The stellar line up of presenters included:

- **Heather Darby**, researcher and agronomist at the University of Vermont, talked about the history of grains and the decade-long variety trials in Vermont.
- **Lisa Kissing Kucek**, event host and PhD candidate for Plant Breeding and Genetics at Cornell, shared results of 5 years of variety trials in the field, bakery and mill, and in the pallets of professionally trained tasters.
- **Eli Rogosa**, founder of The Heritage Grain Conservancy, spoke of her journey throughout the Fertile Crescent in search of the diverse landraces of ancient grains: einkorn, spelt, and emmer. She introduced her new book "Restoring Heritage Grains."
- **Justin O'Dea** of Cornell Cooperative Extension in Ulster County shared the work being done in the Hudson Valley and at the new Hudson Valley Farm Hub, with the Local Economies Project and Cornell University.
- **Sandra Wayman**, PhD candidate in Plant Breeding and Geneticist at Cornell, presented her ongoing research into food-grade perennial grain production in the northeast.
- **June Russell**, Greenmarket's Regional Grains Project Coordinator, described the marketing efforts in New York City to generate demand for small grains from field to table and glass and gave an update on market trends.

Unforgettable varietal tastings from:

- **Adam Leonti** and his team at the [Brooklyn Bread Lab](#) baked breads using single wheat varieties from the field trials such as sabin, red fife, ac morley and expedition.
- **Stephen Wade** baked shortbreads using soft wheats.
- **Nick Greco** of Wegman's treated folks to his 100% Frederick flour baguettes and rye and rye-einkorn breads.
- **Melanie Munzer** of [The Rusty Oven](#) served up wood-fired pizzas, prepared with local fresh greens, meats, and veggies and dough made with Farmer Ground Flour Half White Flour.
- [Brooklyn Brewery](#)'s Greenmarket Wheat Beer featured grains from Oechsner Farm and barley grown on PM Farms and malted by [Valley Malt](#), with Tremblay honey and NY State hops.
- Folks carried home sample bags of emmer pasta made by Sfoglini Pasta Shop.

Participants toured the fields of various wheat varieties and new wheat crosses, and glimpsed the future during a tour of Cornell's organic wheat breeding nurseries, chiming in during focus groups on the needs and priorities for regional small grain improvement yet to come.

The Greenmarket Grains team continued the trip the following day with a visit to [Farmer Ground Flour](#) in Trumansburg. Miller Greg Russo led a detailed tour of the facility which operates a stone mill that produces rye, buckwheat, spelt, emmer, various wheats, cornmeal and polenta into the distinctively wonderful products well known at the Grainstand. Greg told of the intricacies of mill function and maintenance, grains cleaning and storage, flour profiles and distribution and business development in the growing regional grains industry. Our many thanks go to Greg for his time and the work he does for us all.

- Written by Robert Perry, Grain and Field Crops Coordinator for NOFA-NY; Edited by GrowNYC

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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