

CALIFORNIAN ORGANIC
ETHIOPIAN BLUE TINGE EMMER WHEAT
STONE GROUND WHOLE WHEAT FLOUR

√	<i>Locally grown</i>	Farmer: Fritz Durst Capay, Yolo County, California
√	<i>Locally milled</i>	Miller: Giusto's Specialty Foods South San Francisco, California
√	<i>Organic, non-irrigated</i>	California Certified Organic Farmer (CCOF) <i>Ethiopian Blue Tinge</i> emmer wheat is grown using Winter rainfall.
√	<i>Landrace variety selection</i>	<i>Ethiopian Blue Tinge</i> emmer wheat seed was collected in Ethiopia by seedsman Dan Jason, in the early 1990s. To the best of our knowledge, this is an ancient landrace of the dark colored emmer originating in Abyssinia (Ethiopia) that has not been genetically changed. It grows well in California, without irrigation, and we have grown this emmer wheat since 2000.
√	<i>Stone ground</i>	Single pass stone grinding dry wheat gives sweet and nutty flavored flour with good storage properties. All the nutrients in the original wheat grain are present in this stone ground whole wheat flour. When substituting this flour in some recipes you may need extra moisture, because no moisture is added during stone milling.
√	<i>Batch information</i>	www.sustainablegrains.org
√	<i>Recipes</i>	www.sustainablegrains.org

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Emmer wheat is closely related to *durum* wheat. High protein grain is produced more often than is the case among the so-called *common* wheat types. Stone ground whole *emmer* wheat flour has a finely granular feel, and the gluten character is mellow.

Most *emmer* wheat is difficult to remove from the husk during harvesting, as is also the case for rice and oats, which must be separately husked after combine harvesting. However *Ethiopian Blue Tinge* is unusual in that it releases easily from the husk (chaff) during combine harvesting.

Like *durum* wheat, *emmer* wheat makes excellent pasta, and performs well in unleavened breads such as rotis, and in various ethnic sourdough flatbreads, and pizza dough. The mellow gluten character makes *emmer* wheat suitable for short pastry, crackers, pancakes and more. The flavor and dark color of this *Ethiopian Blue Tinge* emmer whole wheat flour, make it an interesting choice for spiced breads and chocolate flavored cookies and cakes.

We recommend using warm water especially when making most doughs from *emmer* stone ground whole wheat flour, and including a small amount of enzyme active sprouted wheat either fresh or as flour. Also we recommend keeping the dough in a closed container for at least an hour before proceeding with a recipe.

The dark chocolate color of the bran on *Ethiopian Blue Tinge* emmer wheat and the flavor of this wheat, indicate the presence of similar antioxidant and flavor compounds to those found in tea, chocolate and black grapes. All whole wheat gives important protection against obesity, type 2 diabetes, cardiovascular disease, cancer and intestinal problems, in part due to the presence of antioxidant compounds in the bran. However, *Ethiopian Blue Tinge* emmer wheat possesses extra high antioxidant power, that gives considerably more protection than lighter colored whole wheat varieties. Barm sourdough fermentation following a mash, releases these antioxidants from the bran and makes them highly available for absorption.