

Manifesto for Whole Grains

1. Given the known healthfulness we need to make available the choice to eat 100% whole grain foods.
2. An organic agricultural system is needed in order to provide whole grain foods, since we need to sustain our soil for the future, and the risk of contaminating whole grains with any toxic chemicals used in their production is very high.
3. Single pass stone milling is the current method of choice for producing 100% whole wheat flour.
4. Landrace varieties of wheat available before 1880 were selected over millennia for stone milling to flour for pleasing and varied products, and for localized organic agricultural appropriateness.
5. Localized selection and breeding for whole grain products needs to be based on these landrace varieties, rather than on modern varieties developed for refined flour end use and intensive chemical agriculture.
6. Localized grain farming is the first choice for our whole grain supply.
7. Localized grain cleaning and handling is a necessity to secure equitable distribution of whole grains to rich and poor alike.
8. The clean whole grain is the best form in which to store our supply of whole grain foods.
9. Localized storage of our whole wheat grains is needed for food security.
10. Localized stone milling is needed to produce 100% whole wheat flour for local use within 2 months and preferably within a few days, for maximum nutritional value and flavor.
11. Local bakers willing to produce 100% whole wheat breads are a necessity. Sourdough methods are available for producing healthful, expanded and pleasing 100% whole wheat breads, so providing the choice that is so much needed.
12. Local vendors willing to sell 100% whole grain foods are a necessity.