

Einkorn: Nature's Original Wheat

WHAT IS EINKORN?

- EINKORN GREW WILD IN THE FERTILE CRESCENT 100,000 YEARS AGO.
- EINKORN WAS THE FIRST CROP PLANTED BY NEOLITHIC FARMS
- EINKORN SLOWLY GREW EXTINCT DURING THE BRONZE AGE
- EINKORN WAS DISCOVERED ON ÖTZI THE ICEMAN'S FUR COAT
- RESEARCHERS IN ITALY STUDIED EINKORN AND REPLENISHED SEEDS

My Family's Journey to Wellness

- AT AGE 7, MY DAUGHTER HAD STOMACH DISTURBANCES, ASTHMA, TONSILITIS, AND HER HAIR BEGAN TO FALL OUT IN CLUMPS.
- GIULIA WAS DIAGNOSED WITH GLUTEN SENSITIVITY
- ELIMINATING ALL VARIETIES OF WHEAT FROM HER DIET AND FEEDING HER ONLY EINKORN MADE HER WELL AGAIN.
- SHE CONTINUES TO EAT EINKORN EVERYDAY AFTER NINE YEARS

How Does Einkorn's Gluten Differ?

- EINKORN HAS 30% PROTEIN, AND MORE GLUTEN THAN OTHER WHEATS.
- EINKORN IS MISSING HIGH MOLECULAR WEIGHT PROTEINS THAT CAUSE GLUTEN INTOLERANCES
- EINKORN'S GLUTEN IS VERY WEAK AND EASIER TO DIGEST
- YOU CAN FEEL HOW THE GLUTEN DIFFERS

Ancient Grains Are More Nutritious

- IN THE 1940'S, WHEAT WAS CHOSEN AS THE CROP TO FEED THE GROWING POPULATION
- PLANT BREEDERS CREATED NEW VARIETIES OF WHEAT FOR INCREASED YIELDS
- WHEAT WAS DWARFED WITH COBALT RADIATION
- WHEN CROPS ARE STRETCHED TO PRODUCE MORE, THE PLANTS LACK NUTRIENTS

Baking With Einkorn

- EINKORN FEELS DIFFERENT, DUE TO IT'S WEAK GLUTEN
- EINKORN HAS 15% LESS STARCH THAN MODERN WHEAT AND ABSORBS LESS WATER
- THE FLOUR GRINDS UP VERY FINE
- EINKORN DOES NOT ABSORB AS MUCH FAT AS MODERN WHEAT

The Future of Einkorn?

- SMALL FARMERS NEED NICHE CROPS BECAUSE THEY CAN COMPETE AGAINST THE LOW PRICES OF THE COMMODITIES MARKET
- IT TAKES 5 TIMES MORE LAND TO GROW EINKORN
- EASTERN EUROPEAN BREEDERS HAVE TRIED TO CHANGE EINKORN AND MAKE IT HUSK FREE
- JOVIAL SAVES ITS SEEDS EACH YEAR AND WILL NEVER CHANGE TO AN IMPROVED VARIETY