

## Heritage Grain Conservancy - Winter Wheats



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**Banatka** - a Hungarian landrace esteemed for its winter-hardiness, drought-resistance and excellent bread-making quality. Nikolai Vavilov, the renowned Russian plant explorer, characterized Banatka as 'distinguished by high productivity, excellent baking quality and broad adaptability'. Banatka's height out-competes the weeds, standing tall with stunning awned majesty. Our 'Banatka' is a genepool of Bankuti (Tzsavedeki x Marquis) x Ukrainka, a Banatka selection brought north.

**Bezbanatstaja** - a steady workhorse whose productivity and fat seed combine the stocky stiff-strawed Bezostaja (Kiev landrace x Ukrainka x Crimean Red Turkey) x tall, willowy Banatka, selected for height for weed competition, high yield and high protein potential. If you are a grower seeking dependable high yield and quality, look no further.

**Black Winter Emmer** - Beloved as delicious 'farro' in Italy, used in the original matzah and known as 'Em ha Hitah or Mother Wheat' in ancient Israel. Noble Emmer withstands weather extremes, thriving in drought or moist weather but had no fusarium in the torrential rainy season of 2009 when other varieties fell by the wayside. Black winter Emmer was trialed extensively in the US by the USDA grain explorer Mark Carleton in the early 1900s, who records its astounding resilience and yield, yet was eclipsed over the years until our reintroduction. Our stately Black Winter Emmer was collected in the Carpathian Mountains by the Hungarian Gene bank in recent years, and generously contributed to our program. Versatile emmer is savored in soups, as a cracked grain for a hearty breakfast cereal, cooked like rice or milled into fine flour for bread or noodles. In folklore it is recommended for infants, the elderly and pregnant women, due to its high nutrition and digestibility. One cup of provides 24 grams of protein.



**Canaan Rouge** - This elegant beauty mysteriously arose in a field of Rouge de Bordeaux grown in Canaan, Maine. Three graceful plants towered over the others, with unusual awns that echo *T. carthlicum* but highlighted with glowing mahogany hues. Today Canaan Rouge is a variety in her own right, beckoning to garland a decorative border in your garden or to be enjoyed for her generous seed imparting a subtle complexity of flavor to artisan bread.

**Einkorn** - Ancient grain domesticated in the Fertile Crescent, Our Carpathian Mountain Einkorn is higher in protein and minerals than modern wheat, with a lighter digestible gluten. Einkorn is the only grain that I use in my bakery due to its delicious, rich flavor.

**Ethiopian Purple** - This deep blue - purple seeded wheat is rich in anti-oxidants. I collected the seed in the Ethiopian shop at the open air market Machane Yehuda in Jerusalem, Israel.

**French Melange** - A diverse polyculture of heritage French wheats selected for rich complex flavors, baking quality and health by French peasant farmers of Reseau Semance Paysanne. This Melange (mixture) was shared with me at a biodiversity festival sponsored by the INRA French wheat researchers that work closely with the farmers in reviving the arts of on-farm wheat breeding for artisan French breads. The farmers grow-out the Melange and select for the traits that do best on their unique farm landscape, then to exchange seed to restore a community seed system for ongoing crop evolution and community vitality. Some of the varieties have seedhead as big as a ear of corn! Available to seed-savers only for multiplication in cooperation with HGC. We will ask experienced growers to return back half of your best harvest in the first year, and you keep the rest.

**German Biodynamic:** Originally from German Biodynamic-grown seed, this sturdy well-bred variety is high yielding with fat weed, selected for height in my trials.



**Poltavka** - a voluptuous deep-hued landrace collected in 1915 from Poltavka village in the Ukrainian steppes, a site of ancient cereal culture and grain goddess artifacts. Plants are tall, robust and generous.

**Red Lamas** - earliest wheat grown in colonial Mass, brought over in the 1600's. In the *Modern Husbandman*, 1784, William Ellis wrote: 'Red Lammas is deemed the 'King of Wheats' for having deservedly the reputation of the finest, full bodied flour. It fetches the best price at market.'

**Rogosa** - Banatka x Bezostaja selected for fat seed and sturdy stalks. Most fusarium resistant of all our varieties.

**Rouge de Bordeaux** - beloved by artisan bakers, this French landrace was gifted to Eli by Jean Francois Bethelois, a French farmer-baker-seedsaver extraordinaire.

**Zyta** - Highest yielding modern wheat in organic trials in Poland, Zyta, first to emerge in spring in our trials, continues to be a winner with sturdy stalks, wide deep green leaves and high protein.

