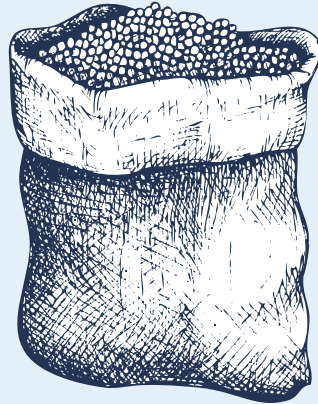
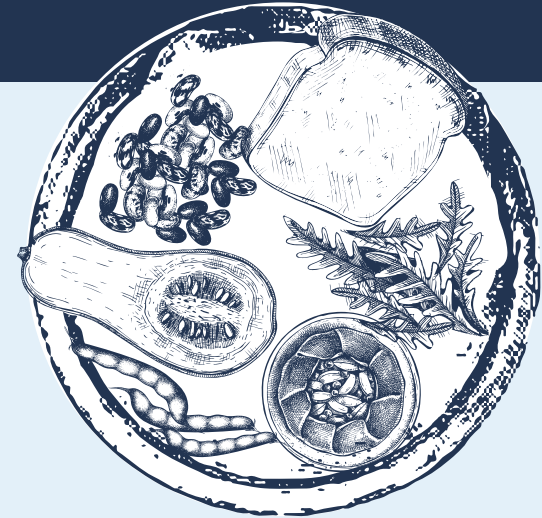


THANK YOU!

For supporting farmers in our area who are cultivating healthier soil by including grains and legumes in their crop plans. When home cooks like you buy these grains, it helps farmers and millers sustain their businesses, and preserves agricultural land around DC.



MID-ATLANTIC GRAINS GUIDE



**GRAINS AND STAPLES ARE
PART OF THE LOCAL PLATE!**

**Learn, Join
and Donate**



📷 @commongrainalliance
📘 commongrainalliance
🌐 commongrainalliance.org



This brochure was inspired by resources developed by GrowNYC and the Glynwood Center for Regional Food & Farming.



The **Common Grain Alliance** connects and supports farmers, millers, bakers, maltsters, distillers and grain artisans to build a vibrant, integrated, equitable and regenerative grain economy in the Mid-Atlantic.

GRAINS AND STAPLES FROM THE MID-ATLANTIC REGION

* INDICATES ITEMS THAT DO NOT CONTAIN GLUTEN (BUT MAY BE PROCESSED IN A FACILITY THAT HANDLES WHEAT)

Barley: Barley is an ancient grain with roots in Mesopotamia, "the cradle of civilization". While most barley is grown for beverages, the varieties grown for eating lend a hearty chewiness to soups and grain salads. Barley contains eight essential amino acids and recent studies have shown that eating the whole grain can regulate blood sugar.

Beans*: High in protein and fiber with a low glycemic index, beans are a staple of plant-based diets and a perfect vehicle for a myriad of flavors.

Buckwheat*: High in amino acids and vitamins, buckwheat groats can be toasted to make kasha, while the ground flour lends an earthy flavor to pancakes, crepes, biscuits, and soba noodles.

Corn (kernels, meal, grits, polenta and flour)*: Along with kernels fit for popping, local corn can be milled; it can be ground very coarse to create polenta, ground finer for grits, even finer for cornmeal, and the finest for corn flour. In our region these products are made with varieties like flint ("Indian" corn), dent corn, and bloody butcher heirloom corn.

Einkorn: An ancient grain that's higher in protein, trace minerals and essential amino acids than any other wheat, einkorn may be cooked whole or ground into flour for baking. Einkorn is also safe for some gluten sensitivities.

Millet*: A powerhouse, high protein grain with a mild, nutty flavor, millet can be eaten whole as a porridge or ground into flour and added to baked goods.

Oats*: Bursting with flavor, we love using them for oatmeal (baked or overnight too!), oat milk, granola, or milled into fresh oat flour for baking biscuits, muffins, brownies and more.

Rice*: Our region offers Cypress rice (a long-grain brown rice with a tender and fluffy texture great for rice bowls and pilafs), Koshihikari rice (a Japanese heirloom, short-grain rice with a delicate, nutty flavor and chewy texture), and many more.

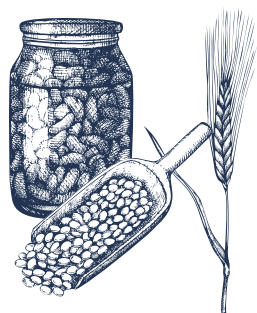
Rye: With low gluten and a bold, assertive flavor, rye grains can be cooked whole or cracked, or ground into flour for bread and pastries.

Sorghum*: Sorghum berries look like tiny spheres (similar to millet) and have a mild, sweet flavor. They can be cooked like rice into a fluffy side dish or thick porridge, or the dried grains can be milled into flour and used to make gluten-free breads, cookies, muffins and other baked goods.

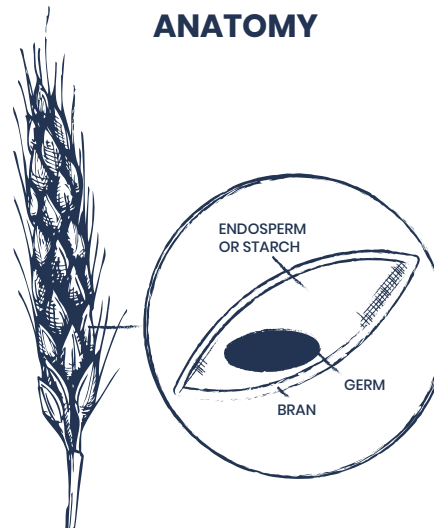
Spelt: An ancient grain with low gluten and high protein content, spelt has a slender rice-like grain. Spelt flour can be used for bread, pasta, crackers and more. Because its gluten makeup is different from that of wheat, some people with wheat allergies are able to tolerate spelt.

Flours are offered whole and sifted, as all-purpose & pastry flour, and in special blends:

- **Hard wheat, or "bread flour":** Higher protein content, best for baking bread.
- **Soft wheat, or "pastry flour":** Lower protein content, best for pastry and flatbreads.
- **All purpose:** A blend of hard and soft wheat.
- **Winter wheat:** Lower in protein, higher in minerals; best for yeasted bread.
- **Spring wheat:** Highest of all in protein content; used for bread flour.
- **Heritage wheats:** Red Fife and Turkey Red are some of the most popular heritage wheats available in our region. They offer high nutritional density, and are best for robust, artisanal breads.



BASIC GRAIN ANATOMY



Bran: The outer layer of the wheat grain, which contains large quantities of B vitamins as well as small amounts of protein.

Germ: The embryo of the wheat seed, which contains fat and an abundance of high quality vitamins and minerals. Because fat will oxidize and turn rancid, the germ is generally removed in conventional flours to make it more "shelf-stable"; this is why fresh local grains and flours offer maximum nutrition!

Endosperm (Starch): Makes up the majority of the grain and contains protein, carbohydrates, iron, B vitamins, and soluble fiber.

Common Grain Alliance and FRESHFARM are joining forces to bring local grains to DC area customers! Through the **Grain Stand** and **Grain Share**, our goal is to help grow and sustain the businesses of farmers, millers, bakers and grain artisans offering grains in the Mid-Atlantic region. Participation is open to all, including the option to pay with SNAP/EBT at a reduced rate. Here's how we're getting the grains to you:



GRAIN SHARE

A weekly curated selection of grains, pasta, grits, rice, and much more that can be picked up at select markets or delivered to your door. As part of FRESHFARM's Market Share offered through the Pop Up Food Hub program, customers can sign up to receive one Mid-Atlantic grain product each week, along with information about the producer and recipes to make the local grain flavors shine.

GRAIN STAND

At select FRESHFARM farmers markets, a variety of grains & pantry staples from Common Grain Alliance members are offered alongside recipes and educational resources. Visit the Stand and chat with our Grain Specialists, who can point you to a new kind of flour, bean, pasta or other local grain ingredient to try out at home.