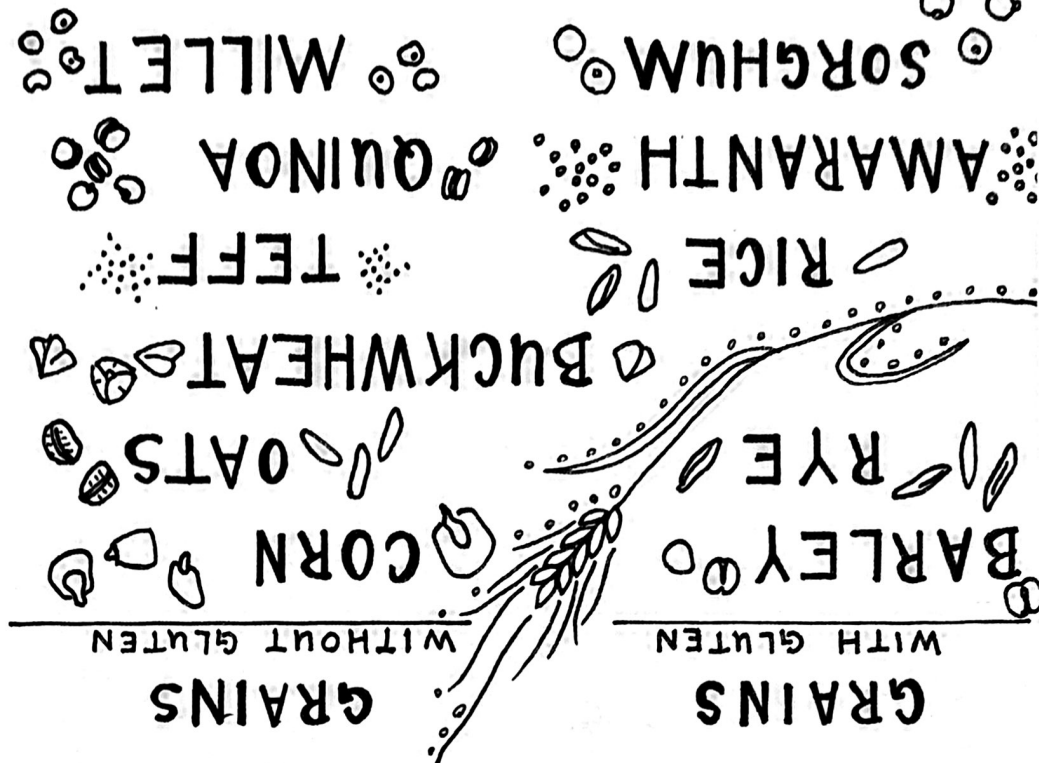


JOAN RASMUSSEN
a drawer by



* RICH FLAVOR. HIGHER PROTEIN. LOWER GLUTEN. EASIER TO DIGEST

ANCIENT WHEATS

10,500 years before present
• deliciously earthy, grassy & nutty
EINKORN
• 14 chromosomes
• from Turkey

very ancient
• sweet nutty-buttery flavor
KAMUT
• 28 chromosomes
• from the Fertile Crescent

10,000 years before present
• rich earthy flavor
EMMER
• 28 chromosomes
• from the Fertile Crescent

7,000 years before present
• creamy, earthy flavor
SPELT
• 42 chromosomes
• from the Middle East

WHEAT!

it is the SEED of grass.

SOFT VS HARD

soft wheat has lower protein and is often used in pastry, while hard has higher protein and is used in bread

RED VS WHITE

white wheat has a recessive gene for bran which also has a milder flavor

SPRING VS WINTER

spring wheat has higher gluten (13-15%) while winter wheat has lower gluten (10-12%)

