

The Pioneer Valley Heritage Grain CSA

2011 CSA Share Information

Thank you for being a member of the Pioneer Valley Heritage Grain community! We sincerely hope you enjoy your share this winter. The information on this sheet will help you store, mill, and cook your share.

What's in your share

Zorro (hard white winter wheat) - Hard wheat, good for milling and baking. Fantastic for bread. Ben had done bread tests with this wheat, and it is so far the best locally grown wheat for bread.

Heirloom Turkey Red (hard red winter wheat) - hard wheat, good for milling and pastry baking (muffins, pancakes, cakes, scones, etc). Can be eaten whole but is more chewy or require more cooking time.

Emmer (Farro) - An ancient cultivated wheat, dating back to Egyptian times. Commonly used in Europe to make risotto instead of rice, can also be simmered until tender and sauced like pasta or added to soups or salads. Can also be cooked as a breakfast grain.

Winter Spelt - This is the dominant eastern European wheat. It is excellent cooked whole and eaten. Use it in place of pasta or rice. It can also be milled and used for bread and pastry making.

Live Oat Berries - We bring you hull-less oats this year! They are a variety which does not grow an outer hull, making them much easier to harvest and process. Cook them whole, roll them, or grind them up!

Beans (A variety of three beans -Black Turtle, Red Kidney, and Pinto beans) - They feel like jewels in your hand! Cook, eat, enjoy. Soak overnight in cold water for best results, then simmer slowly (don't boil) until soft. Use in soups, stews, casseroles, side dishes, burritos, etc. The possibilities are endless.

Note: we have a lot of corn varieties this year, and each share will get two varieties.

Mandan Bride (native American flint corn) - Originally from the Mandan native American tribes of Minnesota and North Dakota. This can be used as a flour corn for baking, or cornmeal for cooking. You can also use in traditional hominy recipes.

Oaxacan Green - Grown for centuries by the Zapotec Indians of southern Mexico where it is used to make green flour tamales. Delicious corny flavor, can also be used in cornbread, spoonbread, pancakes, or muffins.

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Nothstine Dent corn - A favorite for sweet, delicious cornmeal for baking and cereal. A Michigan heirloom. Better suited for grits and polenta, can also be used for cornbread, muffins, etc.

Plimouth Flint Corn - A very special heirloom variety, given to farmer Alan Zuchowski by the agriculture dept at Plimouth Plantation. This is said to be the closest we have to what the earliest colonists grew. Better suited for hominy (when the kernels are cooked whole with lime or wood ash - instructions can be found at Fields & Fire), which can be made into tortillas, eaten whole, or added to soups or stews.

Storing

Whole Grains - all whole grains should be stored cool and dry in a not-quite air-tight container. When stored properly, they will last for years.

Corn - Corn must be kept in paper bags until February so that it can finish drying. (These are the biggest grains and also harvested the latest, which is why they still have some moisture.) This step should be prevent mold.

Milled Grains (flour) - Fresh flour will keep at room temperature for one week, in the refrigerator for one month, or in the freezer indefinitely. When placed in the refrigerator or freezer, make sure they are in air tight glass containers. When baking with yeast, it helps to bring the flour up to room temperature before using. (Cold dough doesn't rise very well.)

Cleaning

Grains - We recommend cleaning grains before using if desired. It will result in better taste and texture. Bread, in particular, benefits from the cleanest grain possible. Water cleaning is the easiest and most effective method. Please see our additional handout on the subject. You can also find the information on the website.

Beans - Briefly, visually look over the beans. Then, rinse the beans before soaking and cooking.

Milling

Home Mills - A variety of mills (both hand cranked and electric) are readily available online. Hand-cranked mills are romantic and quiet, but it can take a while to mill a few cups of flour. Electric mills are quick and efficient, but noisy. Quiet electric mills can be found, but they are more expensive.

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Cooking

Whole Grains - After cleaning, soak overnight in cold water. Cover with fresh water and simmer until tender. If you are in a hurry, you can skip the overnight soak.

Nixtamal - Nixtamalization is the process of adding lime (alkaline, not the citrus fruit) to dent corn, to soften the skin and make it more digestible.

Go to localgrain.org and hit the recipes tab for a huge collection of recipes using these grains.

Be adventurous! There are so many possibilities to try. Search the internet for endless options. One cookbook we like is *Whole Grains Every Day, Every Way* by Lorna Sass. Also, *Ancient Grains for Modern Meals* by Maria Speck.

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WATER CLEANING

Water cleaning is the most effective method for cleaning grains. You can do it in small batches as you need it, or in larger batches. Here are some simple steps to help you do it at home. Just remember to use appropriately sized containers for the quantity grain that you are cleaning!

1. Fill a container up to 1/2 full with grain.
2. Pour water into the container until the grain is well covered.
3. Skim or pour off everything that floats
4. Stir up the grains, then let them settle
5. Repeat steps 3 and 4 until nothing more floats (at least 3 or 4 times)
6. If the water is cloudy, pour off the water and refill a few times, until the water is clear

If you're going to use the grain to cook (as whole berries) now, go ahead and use it! If you're going to cook it later, or mill it, the grain will need to be dried. Spread the grain out on a cookie sheet (no more than 1/2 inch deep) to dry. Drying will typically take 6-12 hours.

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One of the biggest questions we've gotten, both from members and folks thinking about being members in coming years is - *What do you do with the grains?* I'm copying some recipes below for how to cook the whole grains, taken from Lorna Sass's wonderful book *Whole Grains Everyday, Every Way* (which I can't recommend enough). She's done a terrific job (and there's no use re-inventing the wheel), so here you go. All of the grains in the share can also be milled and used as flour or cracked grains (for polenta, grits, or breakfast cereals). We really highly recommend enjoying them in their whole form. Whole grains cook quickly, fill our bellies in a delightful way (whole grains are heartier than milled grains, they make you feel full faster and have much more staying power, as your body digests them more slowly), and did I mention they taste great?

So here we go - basic cooking instructions for all the grains in the share. You can eat these with just some butter and salt, or add them to other dishes (soups, salads, breakfast, baked goods, desserts). Check out Lorna's books, and also [her website](#) for more recipes, plus we'll be regularly posting more recipes and ideas!

The one thing that shareholders will need to adjust in these recipes is that your grains will cook more quickly. **Please reduce cooking times - check them for doneness 15 minutes before** the times listed below.

Barley

1 cup barley
3 cups water
pinch salt
2 qt pot

This will yield 2 cups cooked barley. Bring the water and salt to a rolling boil. Turn off the heat to avoid boil-overs. Add the barley, and return to a boil over medium heat. Reduce heat, cover, and simmer 40-55 minutes. To test for doneness - the barley will be tender but still chewy, and one color throughout when cut in half lengthwise. Drain off any unabsorbed water, and return barley to the pot. Cover, and allow to rest off the heat for 5-10 minutes.

You can also bake this in the oven, After adding the barley to the boiling water, place it in a 350 degrees F oven, in a covered pot.

Oats (note - these are the oat groats, not rolled oats)

1 cup oat groats
10 cups water (2 1/2 qts)
3/4 tsp salt
4 qt pot

This will yield 3 cups cooked oats. Bring the water and salt to a rolling boil. Add the oats and turn the heat down slightly to prevent boiling over. Boil uncovered until the oats are tender, 25-35 minutes. To test for doneness - cut an oat groat in half, it will be one color throughout. Drain off any unabsorbed water using a strainer. If you want a creamy breakfast porridge, you're

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done. If you would like plump, chewy grains that don't stick together, set the strainer holding the grains over a pot holding 2 cups fresh boiling water. Set a towel on top of the oats, and the pot lid over the whole thing. Boil for seven minutes. Use immediately or cool to room temperature and store in the fridge or freezer.

Rye

1 cup rye berries
2 1/2 cups water
2 qt pot

This will yield 2 1/2 cups cooked rye berries. Soak the rye berries overnight in your pot. Alternatively, do a quick soak (bring the water to a rapid boil, stir in the grains, turn off the heat, cover, and let stand for 1 hour).

Bring water and grains to a boil in the soaking liquid. Cover, reduce heat, and simmer until tender, 25-40 minutes. Add salt to taste at the end of cooking. Once a few grains have burst open, check for doneness. Cut a rye berry in half; it should be one color throughout. They should be juicy and the center should be soft. Remove from the heat, and let soak for 10-15 minutes (this will plump the berries). Drain off any excess water. If you want to reduce the surface moisture, you can return the berries to the hot pan and let them sit, covered, off the heat for 5-10 minutes.

To bake in the oven: once the water and grains have come to a boil, cover and set the pot in a 350 F oven.

Wheat Berries and Spelt Berries

1 cup wheat/spelt berries
2 1/2 cups water
2 qt pot

This will yield about 2 cups cooked spelt berries, or 2 1/2 cups wheat berries. Soak the berries overnight or do a quick soak (bring the water to a rapid boil, add grains, cover, and let stand for 1 hour).

Bring the water and grains to a boil. Cover, reduce heat, and simmer until tender.

Add salt to taste at the end of cooking. Once a few grains have burst open, check for doneness. Cut a berry in half; it should be one color throughout. They should be juicy and the center should be soft. Remove from the heat, and let soak for 10-15 minutes (this will plump the berries). Drain off any excess water. If you want to reduce the surface moisture, you can return the berries to the hot pan and let them sit, covered, off the heat for 5-10 minutes.

To bake in the oven: once the water and grains have come to a boil, cover and set the pot in a 350 F oven. Start checking for doneness after 30 minutes.

Emmer (Farro)

1 cup emmer/farro

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1 3/4 cups water
pinch salt
2 qt pot

(Farro is the Italian word for emmer, which is a type of ancient wheat.)

Bring enough water to boil in a kettle so that you will have 1 3/4 cup to add to the grains.

Set a heavy-bottomed pot over medium heat. Add emmer, and toast lightly, stirring frequently, until it emits a toasty aroma, about 3 minutes. Turn off the heat. Make sure your hand is protected from any potential spattering, and add 1 3/4 cups water to the pot gradually. Add the salt.

Return the mixture to a boil. Cover and simmer over low heat until tender, 20-30 minutes. To test for doneness, cut a piece in half horizontally; it should be one color throughout. Let rest off the heat for 10 minutes. Drain off any excess water, fluff up with a fork and serve.

To bake in the oven: once the water has been added, cover and set the pot in a 350 F oven. Start checking for doneness after 20 minutes.