

**Going With The Grain!**  
**Co-Moderators: Katy van Geel and Nina Scott**  
**Wednesday Mornings, 10-12**

Most Americans include wheat, rice, corn, and oats in their diets, but omit other ancient grains like amaranth, barley, buckwheat groats, bulgur, farro, kamut, millet, quinoa, spelt, and teff. Our focus is learning about, cooking, and tasting these unfamiliar ancient grains (defined as grains that have remained largely unchanged over the last several hundred years).

Likewise, there's the whole spectrum of new-to-us ancient grain flours, like sprouted wheat flour, barley, buckwheat, teff, and spelt flours. In addition there's a movement toward baking bread with *locally grown* whole grains, and if someone wants to concentrate on cooking with these, go for it.

Before our first meeting I will email a sign-up sheet to all participants so everyone can choose a grain to explore, so do a little research first and then let me know which grain you'd like to work with. We will take turns hosting meetings in our homes. When it's your turn, you can tell us about the history of the grain, its origin, its nutritional values, whatever else you have found interesting in your reading.

Each host will cook a grain from scratch with just water and a little salt, so we learn what it tastes like on its own, and then get creative and also cook one of the following: an appetizer, soup, entrée, side dish, or dessert. If the grain is available in flour form and the host wishes, a dish that makes use of that flour would be a welcome addition.

We may visit local sources of where to buy ancient grains, such as Whole Foods in Hadley and the River Valley Market in Northampton.

There is a wealth of information about ancient grains in books, magazines, and online. Here are some sources I have used:

- *Everyday Whole Grains: 175 New Recipes from Amaranth to Wild Rice*, by Ann Taylor Pittman.
- *Ancient Grains for Modern Meals: Mediterranean Whole Grain Recipes for Barley, Farro, Kamut, Polenta, Wheat Berries & More*, by Maria Speck.
- *Bread Revolution: Baking with Sprouted and Whole Grains, Heirloom Flours, and Fresh Techniques*, by Peter Reinhart.
- Whole Grains Council website: [wholegrainscouncil.org/](http://wholegrainscouncil.org/)

In short, we look forward to having a delicious time together!

***Our workshop will consist of only 8 people, including co-moderators. For the sake of the cohesiveness of the group, please don't sign up for our workshop if you know ahead of time that you won't be able to attend all 10 of our meetings.***