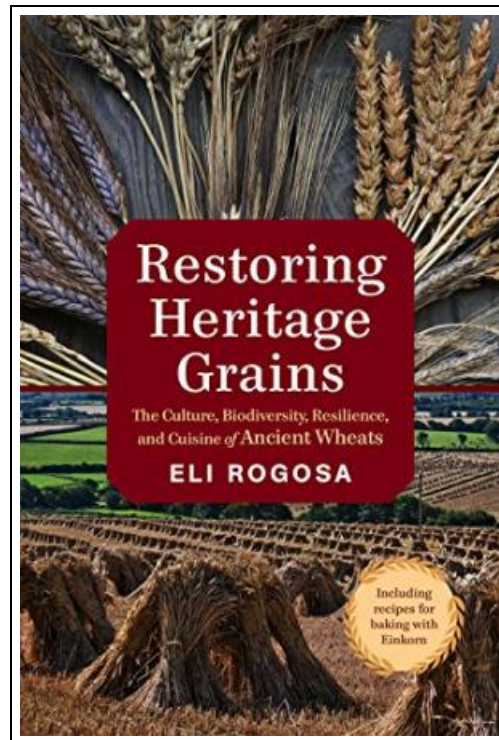


Restoring Heritage Grains: The Culture, Diversity, and Resilience of Landrace Wheat



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This kind of book is every little thing and made me searching ahead of time plus more. This is certainly for anyone who statte that there was not a well worth reading through. Its been developed in an remarkably straightforward way in fact it is simply following i finished reading this pdf in which really modified me, alter the way i really believe.

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RESTORING HERITAGE GRAINS: THE CULTURE, DIVERSITY, AND RESILIENCE OF LANDRACE WHEAT



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Chelsea Green Publishing. Paperback. Condition: New. 288 pages. Wheat has long been one of the worlds most widely consumed and cultivated grains, yet it has been transformed over the course of the past fifty to one hundred years. Once considered as iconic amber waves of grain and as an essential staple crop for making our daily bread or staff of life, today we are just as apt to hear about the ill effects of consuming it. Witness the increased incidence of gluten intolerance or wheat belly. What has changed, in large part, is the way in which we grow our wheat and the modern varieties that have made possible enormous harvests, but at a very steep cost. Large industrial farming, dependent on monocultures and the heavy use of fertilizers and herbicides, can have deleterious effects, not only on our own health, but that of our land, water, and environment as a whole. Fortunately, heritage landrace wheatscrops that have been selected over generations to be well adapted to their local environmentsdo not need biochemical interventions to grow well and yield bountifully. Yet these robust and diverse wheats that nourished our ancestors for countless generations are nearly extinct today. In *Restoring Heritage Grains*, author Eli Rogosa, of the Heritage Grain Conservancy, invites readers to pore over a menagerie of forgotten grains: diverse, landrace wheat varieties such as emmer, a strain domesticated in the Fertile Crescent that is perfect for pasta and flatbreads; mirabil, or the miracle wheat; durum, a high-protein, low-gluten variety; and Indian wheat, also known as shot, a rare species that is drought-tolerant and high in protein. These and the many other heritage grains Rogosa exhibits each have a lineage intertwined with that of the human species, and can and should be grown once again. Combining the history of grain...



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