



## Restoring Heritage Grains

The Culture, Biodiversity, Resilience,  
and Cuisine of Ancient Wheats

*Including recipes for baking with Einkorn*

By Eli Rogosa

\$24.95 • Paperback

6 x 9 • 272 pages

16 page color insert

ISBN 978-1-60358-670-2

**Pub Date: July 11, 2016**

**For media inquiries contact  
Shay Totten**  
stotten@chelseagreen.com  
802.295.6300 ext.125

**For author events contact  
Jenna Stewart**  
jstewart@chelseagreen.com  
802.295.6300 ext.120



“Discover the rich history of ‘forgotten’ grains that hold the key  
to restoring the staff of life to modern diets.”

Could heritage grains, and the ancient ways they were grown, hold the key to restoring the staff of life to our modern diets? Long considered the western world’s staple food, modern wheat has been drastically transformed over the past century by the food industry.

With these changes, concerns have risen over intolerance and so-called “wheat belly.” The way that we grow our wheat and the modern varieties have made possible enormous harvests, but with those come steep hidden costs to our own health and to our land, water, and environment as a whole.

Fortunately, heritage “landrace” wheats—crops that have been selected over generations to be well adapted to their local environments—do not need bio-chemical interventions to grow well and yield bountifully in organic fields. Yet these robust and diverse wheats that nourished our ancestors for generations are nearly extinct today.

In *Restoring Heritage Grains*, author Eli Rogosa invites readers to discover “forgotten” grains: diverse varieties such as emmer, from the Fertile Crescent; Rouge de Bordeaux, a French heritage wheat beloved by European bakers; and delicious einkorn, the most ancient wheat of all, which is drought-resilient and heat-tolerant, and contains more protein and minerals than other grains.

Organically grown, diverse wheat may well be one of the best solutions to hunger, one that will be needed to feed the world’s growing population in the decades to come.



**Eli Rogosa** found her calling in the Fertile Crescent, while working with farmers who were growing healthy wheat from heritage grains, without chemical intervention. She founded The Heritage Grain Conservancy to ensure the access of future generations to wheat at risk of extinction around the world in the face of industrial agriculture. In addition to her work in preservation, Rogosa manages an artisan bakery from her biodiverse farm, where she lives with her companion, CR Lawn, and their two children, Noah and Ezra.

<http://media.chelseagreen.com/restoring-heritage-grains>