

COS WE CARE. WE LIVE. WE HEAL. WE KNOW.
WE HELP. WE LAUGH. WE SAVE. WE'RE FAMILY.
WE'RE TASTY. WE'RE FRESH. WE'RE HEALTHY.



WE'RE ORGANIC. WE'RE BETTER FOR YOU.
WE'RE DIFFERENT. WE'RE GOODNESS. WE'RE
HONEST. WE'RE RELIABLE. WE'RE GREAT VALUE.

SUMMER 2009

ancient grains & seeds

MAKING A MODERN DAY COMEBACK by Louise Nowotarski

> EVERYONE LOVES A TREASURE HUNT especially when the treasure is *gold*. Can you imagine the excitement when in 1922 Howard Carter (sponsored by Lord Carnarvan) discovered the tomb of the young Egyptian pharaoh, Tutankhamun? Priceless artifacts that had been hidden and untouched for centuries. But there's another type of treasure that was discovered last century which has also been referred to as *Egyptian gold* and it's called *Kamut*. Let me tell you about its intriguing history in modern times and it's value.

> **KAMUT** is an ancient grain, thousands of years old. However, it is new to us. The story goes ...

Following the Second World War, an American airman claimed to have taken a handful of this grain from a stone box in a tomb near Dashur, Egypt. Thirty-six kernels of the grain were given to a friend who mailed them to his father, a Montana wheat farmer. The farmer planted and harvested a small crop and displayed them at the local fair. The grain was dubbed *King Tut's wheat* but soon forgotten.

In 1977 some of this "wheat" was obtained by T Mack Quinn, another Montana wheat farmer, who with his son Bob, an agricultural scientist and plant biochemist soon perceived the value of this unique grain. They spent the next decade propagating the humped backed kernel and coined the trade name *Kamut*, an Egyptian word for *wheat*.

In 1990 the USDA (United States Department of Agriculture) recognized the grain as a protected variety and officially named it *QK-77*. The most significant aspect of the introduction and cultivation of Kamut is that it is an important new crop for sustainable agriculture. It does not need artificial fertilisers and pesticides to achieve a high quality grain and therefore is an excellent crop for organic farming. The Kamut grain is two to three times larger than regular wheat kernels.

Nutritionally, Kamut is higher in energy than other wheats. Compared to common wheat, it is higher in minerals, contains more amino acids, more lipids and fatty acids and is significantly higher in its protein level than wheat. It has been described as a *high energy grain* and therefore fantastic food for athletes or for that matter all of us.

Research has shown that for those people with allergies to common wheat, "Kamut grain can be an excellent substitute."

> **SPELT** known to Germans as *Dinkel*, to some Italians as *Farro* ... Spelt is a cousin to wheat and another ancient grain making a big comeback. It is wonderfully nutritious with a nut-like flavour, an excellent source of B2, a good source of manganese, niacin, thiamin, magnesium, protein and copper. Importantly, it does not seem to cause sensitivities in most people who are intolerant of wheat.

It is an excellent source of dietary fibre which makes it beneficial for all of us and especially for those watching their cholesterol levels and for those with diabetes.

Kamut and Spelt can be used in bread and pasta making. Try them in cakes, muffins, and pancakes, in fact, just about anything you would use wheat in.

Both Kamut and Spelt have not been genetically modified or hybridised like common wheat. However, as they contain gluten they may not be suitable for coeliacs, always check with your naturopath/doctor first.



ANCIENT GRAINS & SEEDS cont.

> **QUINOA** (pronounced keen-wah). Don't be fooled by its size. Quinoa, although a tiny grain packs a mean punch. It is a complete protein with all amino acids. Native to South America, it was considered the *gold of the Incas* because its high protein content gave warriors stamina. It also contains riboflavin and magnesium, is a source of soluble fibre (known to reduce the risk of cholesterol) and is high in iron. Recommended for vegetarians and vegans, children, pregnant and breastfeeding women. Gluten free.

> **AMARANTH** (technically not a grain but a seed), another South American plant is high in minerals, fibre and proteins with an amino acids profile perfect for the human body. Amaranth is a rich source of lysine which is important for growth and repair of the nervous system and muscles. It is easily digested. Gluten Free.

> **CHIA**, from the Aztec word for *oily* which is *chian*. Rich in Omega 3, full of protein and a great source of soluble fibre for helping control cholesterol (similar to flax and psyllium) with excellent amounts of iron and calcium, magnesium and antioxidants.

> **MILLET** is believed to have originated in Ethiopia and is still used today to make Africa's traditional flatbread *injera*. Millet is rich in protein and manganese, phosphorous and magnesium. It has heart protective properties and can help to develop and repair body tissues. When cooked, millet can be either fluffy like rice or creamy like porridge. Most grains form acids in the body but millet due to its alkaline ash content, counteracts acid. It is gluten free.

> **BARLEY** is the oldest of all grains, and is thought to have originated in the Middle East and North Africa. It is an excellent source of fibre, selenium, phosphorus, copper and manganese. Great addition to stews and soups. Barley flour can also be used to make breads and muffins, while barley flakes can be served as a breakfast cereal.

Note: All grains need long soaking before cooking. This removes the phytic acid and makes the grain more digestible.

For more information: www.kamut.com www.spelt.com

NEW IN

> **GLUTEN-FREE RANGE FROM SCHAR.** Throughout Europe, Schar is one of the leaders in the development and production of gluten free food. Schar stands for *quality* ... nutritious oils, such as sunflower seed and olive oil are used; protein source from peas and lupins, *safety* ... no hydrogenated fats are used and ... *taste*. Sweet and savoury biscuits and crackers, ciabatta rolls, breads and baguettes, pastas and breadcrumbs. Best tasting gluten free products you've ever tried!

> **OLIVE GREEN ORGANICS** also produce a delicious gluten free range of pastas and grains. Try the quinoa and rice or amaranth and rice pastas, grains and flakes....a healthy addition to everyone's diet.

COCONUT QUINOA PORRIDGE WITH BANANA & PALM SUGAR

2 cups (500ml) coconut milk*
1 cup (200gram) quinoa*
250 grams dark palm sugar* cut into small chunks
2 bananas sliced*
½ cup shredded coconut lightly toasted*

Combine the coconut milk with 1 cup (250ml) water in a jug set aside. Combine quinoa and pinch of salt in a saucepan, add half the coconut milk mixture or just enough to cover grains. Bring to boil, stirring over medium low heat. Reduce heat to low and simmer, stirring occasionally for 20-25 mins until grains are tender and the mixture is a porridge consistency. Top up with remaining milk if too thick.

Meanwhile, place palm (or brown sugar) and 1 cup (250ml) water in another saucepan over low heat. Stir to dissolve sugar, then simmer for about 30 mins until it is thick, syrupy consistency and mixture has reduced by half. Pour a little over porridge and serve with sliced banana and shredded coconut.



Palm sugar syrup keeps for a week in the fridge. Alternatively, sweeten with Agave Nectar, rice malt or maple syrup. (Remember to soak the quinoa for several hours before cooking).

*Organically grown and available from COS

COS-bah NEWS FLASH!

An exquisite new shipment of scarves has arrived from Turkey. Beautiful colours, fantastic designs, amazing fabrics, wonderful gifts at reasonable prices.

Ask to see the "COS-bah" when next in COS.