

Our **bread wheat** this year will again be the heritage hard red variety, Marquis. If you have been following our updates over the years, you may remember that Marquis was first bred at our local Agassiz Dominion Experimental Farm (now the Agassiz Research and Development Centre) over one hundred years ago. It established Canada as one of the greatest wheat exporting nations in the world and fed millions both here and overseas during World War I. Today, Marquis is rarely grown commercially but the heritage of virtually every modern Canadian bread wheat can be traced back to crosses made with Marquis.

Marquis is a high gluten wheat with a reliable, rich flavour which has been enjoyed by members of our CSA for a number of years. We really prize the Agassiz connection and are delighted to be able offer Marquis as our bread wheat again this year.



Marquis bread wheat

For our **pastry wheat**, the variety we grow is the soft white spring wheat, AC Andrew. The AC stands for Agriculture Canada as the variety was developed at Agriculture and Agri-Food Canada's Lethbridge Research Centre in 2000. AC Andrew flour is lower in gluten than bread flour but lends a beautiful, earthy flavour to all kinds of baking. It is my absolute favourite!



AC Andrew pastry wheat

Hull-less **oats** are very popular with our CSA members and this year we again have our favourite variety, AC Gehl, named after Dave Gehl, former head of the Indian Head Research Station in Saskatchewan. Oats that are hull-less come out of the combine minus the seed coverings, or hulls, that normally tightly surround oat seeds and need to be removed by another process. Ours are ready to go! Many people order cold-rolled oats which are a hearty rolled oat, great for oatmeal, granola and baking. We also have crimped oats which are rolled just a little bit and work more like steel-cut oats. Finally, there are whole oat seeds, or groats, which can be used for oatmeal, added to salads or make a fine risotto.



AC Gehl hull-less oats

Unlike last year, we also have hull-less **barley** as one of our grains this year. The variety is CDC McGwire, bred at the Crop Development Centre in Saskatoon in 2001. This is the variety which has been enjoyed by members of our CSA in the past and barley kernels make a wonderful addition to soups, stews, salads and a whole host of other dishes that use whole grains.



CDC McGwire hull-less barley

We have no rye on offer to CSA members this year. Rye is planted in the fall and, although we had intended to plant some last year, the prolonged dry spell in September and October meant the ground was just too hard to plow and prepare a seed bed. We apologise to our stalwart rye lovers and will keep our fingers crossed for next year.