

# Meet the Grains!

2024 Cedar Isle Farm CSA

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.



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 a favourite of many bakers!

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 other processes. 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 or added to salads. They also make a fine risotto!



Our hull-less **barley** 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.

Finally, the **rye** we have on offer this year is the variety Prima which was developed by Agriculture Canada in Swift Current, Saskatchewan in 1984. Prima rises well and is valued for sourdough or as an added flavour in wheat bread. You may remember that we were unable to grow rye last year because of the very dry fall and we are so pleased that it is available again this year!

