

## Meet the Grains!

2025 Cedar Isle Farm CSA

Our **bread wheat** this year will be the landrace wheat we have named PPB Fraser Red. Landraces are types of plants that have been selected over time to grow well in a particular area and PPB Fraser Red was selected right here at Cedar Isle Farm in collaboration with a Participatory Plant Breeding Program at the University of Manitoba. For a number of years, we grew bigger and bigger plots of wheat from Manitoba and selected healthy heads from plants that grew well in the Fraser Valley. Each year we would send the selected heads back to the breeding program for their analysis and trials and, with their help, the supply of seed multiplied. Two years ago, our landrace was sufficiently established and we chose to call it PPB (for Participatory Plant Breeding) Fraser Red.



This year, our PPB Fraser Red wheat looks great. The kernels are well-filled and full of flavour. Mark and Luis from Rise Baking Lab in Chilliwack have agreed to put PPB Fraser Red through its bread-making paces for us and initial feedback suggests that it will be a splendid bread wheat for our CSA this year!



For our **pastry wheat**, the variety we grow is AC Andrew, a soft white spring wheat. 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 and lends a beautiful, earthy flavour to all kinds of baking. We apologize that the amount of AC Andrew available for the CSA is somewhat limited this year but, if you miss the window, barley may provide another option for your home baking.

Our **barley** crop this year did exceptionally well! We grow the variety CDC McGwire, which was bred at the Crop Development Centre in Saskatoon in 2001. This is a hull-less variety which means the kernels come out of the combine minus the seed coverings, or hulls, that normally tightly surround the seeds and need to be removed by other processes. Barley kernels make a wonderful addition to soups, stews, salads and a whole host of other dishes. We are also offering barley flour to our CSA members this year for the first time. Barley flour is lower in gluten than bread wheat flour and is highly nutritious with a nutty flavour. It can be used in many kinds of baking, just like soft white flour, including pancakes, waffles, muffins, cakes, cookies, crisps and flatbreads. We have been baking with barley flour at Cedar isle Farm and think it is a great addition to our tried and true recipes!



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 Farm in Saskatchewan. Just like hull-less barley, oats that are hull-less come out of the combine 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 flattened 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!