

Meet the Grains!

2026 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. Three years ago, our landrace was sufficiently established and we chose to call it PPB (for Participatory Plant Breeding) Fraser Red.



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. Last year, supplies of AC Andrew were limited but this year we are confident that there will be enough for all your pies, pancakes, waffles, muffins, cakes, cookies, crisps and flatbreads in the months ahead!



After a year's hiatus, we are thrilled to have **rye** on offer again in the CSA. The variety we grew this year is a fall rye, AC Hazlet, which was bred at the Agriculture and Agri-Food Research Centre at Swift Current, Saskatchewan and released in 2006. Rye has such a role in sourdough baking, both to feed the starter and add to the dough, and it makes denser, darker breads with lots of flavour.

Our **barley** variety is 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. As last year, we are again offering barley flour as part of our CSA. Barley flour is lower in gluten than bread flour, is highly nutritious and adds a nutty flavour to your baking.





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 also be used for oatmeal, added to salads or used instead of rice.