Heritage Grain Conservancy

Restoring the Cuisine of Forgotten Grains

copyright Eli Rogosa

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Modern wheat is dwarfed to not collapse under synthetic fertilizers, with short lazy roots dependent on agrochemicals, and 500% less leaf surface area. It tastes like cardboard. Industry’s obsession with uniformity, yield and profit has replaced the world’s treasures of landrace biodiversity.
Landrace Wheat
A Noah’s Ark of Biodiversity, Health & Flavor


Landrace Wheat is on the Verge of Extinction.
Food anthropologist Eli Rogosa was funded by Anson Mills (THANK YOU GLENN!), then by the EU to collect landrace wheats from peasant farmers in Turkey, Bulgaria, the Carpathian Mountains, Europe and the Mideast.
Eli works with traditional women seed-savers and bakers to document rustic culinary traditions.
Landrace wheat is the living embodiment of a plant population's evolutionary and adaptive history, an ark of traits borne across generations into our hands.

Wild Emmer Wheat
Wild emmer (*center*) evolved in two directions. Emmer was selected by neolithic farmers for larger grains - evolving to domesticated emmer (*left*), and for looser hulls - evolving into durum (*right*).
Over millennia wild wheats in diverse ecosystems evolved, crossed naturally and were selected into a vast panoply of biodiversity.

There are over 20 Wheat Species: ie einkorn, emmer, macha, timopheevii, durum, polanicum, spelt, bread... each with unique flavor hues and local culinary history.
Rogosa saves seeds of the most delicious, resilient plants to revitalize a vital diversity of locally-adapted landrace populations.

The complex biodiversity and resilient traits of landrace populations promote evolutionary adaptations to changing weather.
Rogosa Landrace Wheat Collection
‘The end of the human race will be that it will eventually die of civilization.’ Emerson

Modern wheat and agrochemicals cause today’s alarming rise in gluten allergies.¹

Traditional sourdough fermentation enhances digestibility for delicious breads with greater bio-availability of nutrients.²

Landrace grains have higher nutrition, richer flavor and more robust resiliences under climate change.³

Explore the local Terroir, fascinating history and extraordinary flavors of Landrace Grains.

Eat it to Save it!
The Heritage Grain Conservancy welcomes cooperation to restore the forgotten flavors of landrace grains.

growseed.org
The
Heritage
Grain Grower

Discovering the Forgotten Husbandry, Folklore and Cuisine of Landrace Grains

Eli Rogosa

Rogosa’s soon-to-be-published book