

# NATUFIAN BREAD MIX

## WORLD'S OLDEST BREAD



Humanity has reached a time when our agriculture and diets need to be reinvented to heal our inner and planetary disconnect. By sustainably wild harvesting nature's abundant food, known as 'rewilding', each of us can become an active participant in reconnecting and restoring vital human and ecological health - one Natufian bread at a time.

Before the Ice Age melted in Europe, the Mideast had a moister climate where the ancient Natufian people thrived. Natufians lived from at least 14,000 years ago, and then evolved into the Canaanite, Phoenician and Hebrew peoples. Natufians hunter-gathers lived in semi-permanent settlements. As the weather became dryer, Natufians became the first farmers, gathering and domesticating wild cereals such as einkorn. These ancient people migrated to Europe 8,000 years ago bringing domesticated seeds as trading gifts.

Archeologists discovered 14,000 year old remains of Natufian bread baked from wild einkorn, wild fenugreek and cattail, 4,000 years before the emergence of agriculture. According to my DNA, I am descended from ancient Natufians, and spent many years conducting field research in the land where these first farmers lived. I am thrilled to share this nutritious, healing, tasty bread mix, as a connection to our shared heritage on the land from the dawn of agriculture.



*Natufian-Inspired Einkorn - Fenugreek - Cattail Pollen - Acorn Flour  
Sourdough Sprout Bread*

## Ingredients

**Landrace Einkorn**, the oldest wheat, highest in nutrition of all grains, rich flavor, low glycemic to keep blood sugar balance, with diploid gluten safe for most people (Not safe for celiacs).

**Fenugreek**, native to the Mediterranean and Mideast, taste like nutty maple syrup, used in cooking and as medicine for millennia to lower blood sugar levels, boost testosterone, and increase milk production in breastfeeding mothers and overall vitality. Fenugreek may reduce cholesterol levels, lower inflammation, and help with appetite control.

## **Cattail Pollen**

Wild-harvested in Western Mass in a pristine marsh, rich in minerals, corn-like flavor. Benefits span: antiseptic, helps prevent Anaemia, cancer prevention, increases overall energy, cardio tonic, lipid-lowering, helps reduce risks of atherosclerosis and control diabetes. Chinese Herbal Medicine: "It harmoniously invigorates blood and promotes overall vitality."<sup>1</sup>

**Acorn Flour** <sup>2,3</sup> Collected from a majestic oak tree, pounded, cold-leached, dried and milled by Eli. Native American remedy to treat digestive ailments such as bloating, nausea or diarrhea.

## **Seasalt. Dried Einkorn Sourdough Starter**

## Directions

Soak einkorn and fenugreek seeds 24 hours. Blend with water. Combine with einkorn flour, cattail pollen, acorn flour, salt and sourdough.. Mix to dough consistency. Fold to strengthen delicate gluten. Form flatbread. Place on parchment paper. Cover. Let slow-rise overnight. Bake in oven or covered pan over fire. **Options:** Add egg, maple syrup. Substitute yogurt for water.



*He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit. Jeremiah 17:8*

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<sup>1</sup> See: Anderson, P. 1991. Harvesting wild cereals during the Natufian microwear analysis of stone tools, in Bar-Yosef & Valla (1991): 521–56 Acorn eating: origins in ancient Near East, Cambridge U.Press, 2015, Joy McCorriston <https://www.lybrate.com/topic/benefits-of-cattail-and-its-side-effects>

