



Study, Tour & Action-Planning for
Restoring Ancient Wheat
& Bread Traditions

שחזור גיוון זרע
ללחם מן הארץ

As the planet faces unprecedented climate change,
ancient seeds offer a Noah's Ark of resilience
but today are on the verge of extinction.
Join us to develop a community action plan to
restore our biodiversity resilience,
and to bake vital Breads from the Earth.

growseed.org

Day 1 - June 9 MONDAY



NEOT KEDUMIM
The Biblical Landscape Reserve in Israel

neot-kedumim.org.il

'Bread from the Earth'

Dr. Tova Dickstein, Biblical cuisine, Les Seidel <saidels.com>, Uri Mayer-Chissick <mayerchissick.com>, Yiftah Baraket. artisan baker

Location: Neot Kedumim the world's only biblical landscape reserve. Hundreds of varieties of biblical and talmudic plants; wild and domesticated animals; ancient and reconstructed olive, wine presses, threshing floors, and cisterns bring to life the literal roots of the biblical tradition in the soil of the land of Israel.

Meet in Mamilla Lobby 9 AM. 10 AM Neot Kedumim Reception with light refreshments.

Tour of Neot Kedumim Biblical Nature Reserve

Presentation on the importance of bread and grain in ancient times. Matza and sourdough bread - their significance in Judaism

Tour the Ancient Grain Garden. Visit the threshing floor and demonstration of all the processes involved in ancient grain growing and bread making. Tour of a working Flour Mill to watch the grinding process with three ancient millstones and an explanation of each of them. Pastries "Man doesn't live on bread alone." Preparation and baking of traditional pastry and baking in reconstructed ancient ovens. Stories of Women bakers.

Lunch: We will cook a Biblical meal using original recipes

Afternoon Discussion on how to restore ancient wheats with Eli Rogosa, Heritage Grain Conservancy <growseed.org>. Baking with ancient wheat with artisan bakers.



Lost Grains of Eretz Yisrael: Shippon, Cusmin, Hitah, Seorah, Shibolet Shual

Dinner at <the-eucalyptus.com>, a Biblical-style restaurant in Jerusalem with chef Moshe Basson.

Day 2 - 6/10 TUESDAY

9 AM Mamilla lobby. Tour a Biblical-style bread house.



1:00 PM - Visit **Wadi Fukin**, a Palestinian village near Bethlehem to meet traditional Arab farmers, tour harvesting, threshing and milling. Bake saj bread with women bakers.
<growseed.org/wadifukin.html>



Day 3 - 6/11 WEDNESDAY

8:30 Meet in Mamilla Lobby. Walk through the **Old City** to the **templeinstitute.org**
10 AM to learn about Temple bread traditions.



Bakery in Old City



Sataf

Meet in Mamilla lobby 12:30 Drive to Sataf Goat Farm for Lunch.
Dinner at Galilee B & B <4shavit.com>

Day 4 - 6/12 THURSDAY

9 AM Meet traditional farmers and bakers of Beit Natufa Valley in Sakhnin, Galilee, northern Israel.



'Husbandry is the foundation of civilization - all sustenance derives from it, as well as the principal benefits and blessings that civilization brings' Ibn 'Abdūn c. 1147, Seville

The Arabic word *filāḥa*, means 'farming, husbandry', and *fellāḥ*, 'husbandman, tiller of the soil'. *Filāḥa* also means 'to thrive, prosper, well-being, happiness'. The word is sung out from the minarets of every mosque during the call to prayer - 'hayya 'ala 'l-falāḥ' 'Come to well being, come to holiness'. Husbandry, well-being and worship are inextricably united.

Presenters include: Beit Netufa traditional farmers, Didi Kaplan, ecological consultant and Abbie Rosner who researches traditional foodways of the Galilee, author of *Breaking Bread in Galilee – A Culinary Journey into the Promised Land* (2012) Hilayon Press.

Late Afternoon: Tour Seidel's Bakery

Day 5 - 6/13 FRIDAY

10 AM Meet in Mamilla lobby.

11 AM - Jewish Traditions of Bread with Rabbi Gil Marks and Baker David Katz Alon Shvut



Rabbi Gil Marks, Jewish food historian has published 5 cookbooks on Jewish food that include:

* *World of Jewish Cooking: More Than 500 Traditional Recipes from Alsace to Yemen*

* *World of Jewish Entertaining: Menus and Recipes for the Sabbath, Holidays, and Other Family Celebrations*

* *World Of Jewish Desserts: More Than 400 Delectable Recipes from Jewish Communities*

* *Olive Trees and Honey: Treasury of Vegetarian Recipes from Jewish Communities Around the World*

* *The Encyclopedia of Jewish Food*

In the Fields of Tekoa

Adapted By Eli Rogosa from story by Yehuda Steinburg. Moldvia



In the hills of Tekoa, the farmers stood amid the wheat fields. Some swung their scythes among the stalks and sang: "They that sow in tears shall reap in joy;" Others bound sheaves, singing: "He that goes forth and weeps, bearing precious seed, shall come again rejoicing, bringing his sheaves with him." Still others gathered the grain into the threshing-floor, and sang, 'My standing wheat knelt and bowed to my sheaf. Lord! Bless my strength to gather my grain.'" The field was filled with work and song.

Eliav, his wife and two sons came to their field to begin the harvest. They came to the standing wheat from the four corners of his field. Swiftly glittered the scythes in the hands of the nimble workers. The stalks fell hither and fro as the heads of the reapers were seen above the golden sea. A neighbour called out to Eliav:

'From your standing wheat to your threshing-floor, my neighbor.' "From your vineyard to your wine-cellar," replied Eliav. "The blessing of the Lord on you," called out Eliav's wife to her neighbour. "Have you washed the wool of your flocks?" "The Lord be with you, my neighbour," she replied. "I have washed it and carded it." "I have already woven thread." "The Lord sends us blessings according to our abilities!"

"Zizz! Zizz" whispered the scythes to each other. It was as if they had scolded and said: "Hush, women. Don't gossip so much Time to work." The women cut short their conversation, and swung their scythes in the grain. "Zizz! Zizz!" whispered the scythes to each other. At that moment there passed a wanderer from the land of Moab. He was tired and hungry. Eliav saw him and called out: "The Lord be with you, wanderer! Turn hither, and pluck for yourself ears from the wheat, and bless the Lord that he has sent us his blessing." And the wanderer came,

and plucked wheat, ate, and was sated. "Wait, wanderer," Eliav said to him. "Behold I am cutting my wheat; take from the corner." But the wanderer did not understand the significance of the word 'corner'. Eliav said to him: "This is the custom of the Hebrew farmers: when we reap our wheat, we leave stalks in the corner of the field for the poor and the wandering. It is called the corner." The wanderer plucked wheat, rubbed it out, placed the seed in his pouch, and went on.

The wanderer passed the field of Eliav's neighbour, and a voice called out behind him: "O, blessed of the Lord! Why do you shame me? For I have done you no wrong." And the wanderer was taken aback and said: "O, my lord, when did I shame you? I am a stranger. Only now have I come from the land of Moab, and I have never seen your face until today." "And do you not shame me," replied the farmer, "when you pass my field while I am binding the sheaves and do not gather the gleanings?" "What are the 'gleanings'?" asked the wanderer. "It is the way of the Hebrews " answered the farmer "The reaper grasps a handful of stalks and the scythe cuts them below. The stalks slipped from the hand and escaped the scythe; they are not for the reaper. The Lord has saved them for the poor and the wandering."

The wanderer placed the seed in his pouch, and went on. A voice called to him: "Stranger! Will you do thus to me? Behold I am making a threshing-heap, and will you not turn to me and collect the forgotten?" "O, my lord, I know what are the 'gleanings' and the 'corner,' but I do not know what the 'forgotten' is."

And the farmer said: "This is the way of the Hebrew farmer. When a man gathers his sheaves to the threshing-heap, and has forgotten sheaves behind him, it is a sign that the Lord has given them to the wandering and the poor. Now you go and pass through my field, and you will seek and find sheaves. Take what the Lord has saved for your sake."

The wanderer gathered the forgotten sheaves, beat them out, rubbed them, placed the seed in his pouch and went on his way.



Eretz Israeli Landrace Wheat



Mahmoudi



Mahmoudi, 1920, Israel
Ayyelet Hashahar (Morning Star),
near Waters of Meron



Mahmoudi



Jaljuli



Jaljuli



Nursi



T. aestivum



Hourani



Reyati - Horani



Hati - 1921, Tiberias



Emmer



Shippon



Barley

What is 'GROW'?

Global Restoration Of Wheat

'GROW' is a network of researchers, genebanks, bakers and farmers. We are dedicated to:

1. Restoring the almost-extinct biodiversity of landrace wheats and the stories they tell,
2. Restoring the ecological farming and culinary arts of traditional peoples, and
3. 'Eat it to save it' market strategies for genetic conservation.

Our goal is to conserve and revitalize the traditional arts of on-farm seed-saving, community wheat systems and landrace cuisine to restore health to the land and the people.



Wheat in 1900



Wheat in 2000

Why GROW?

Biodiversity is at the heart of community seed systems and healthy, delicious cuisine. However modern wheat is bred in agrochemical-soaked fields for uniformity and high gluten. It has replaced the rich biodiversity of landrace wheats world-wide. Organic consumers seek the richer flavor and more digestible, less toxic gluten of landraces. Organic farmers seek the organic-adapted landraces that thrive in our fields, with hard-working root systems for organic soils, tall height to compete with weeds without lodging, artisan baking quality, and high nutrition without the gluten allergic responses plaguing us today. As we face unprecedented weather extremes, burgeoning gluten allergies and patented wheats that farmers cannot save, ancient and heritage wheats offer an important solution for organic farmers. However our landrace wheats are threatened, many on the *verge of extinction*.

The Key Role of the Farmer and Gardener in On-Farm Conservation

In order to maintain vital agrobiodiversity, the role of small-scale farmers and gardeners in landrace wheat's evolutionary systems needs to be restored. In response, the GROW initiative works with teams of farmers and bakers to restore landrace wheat biodiversity. Just as wild crops are genetic resources that cannot be contained in *ex situ* facilities, ecological relationships such as natural adaptation to the environment and climate change, co-evolution of plants-pest-pathogen complexes, farmer selection, and culinary uses are integral components of a landrace crop's total dynamic vitality.

Living Seedbanks for Community Seeds

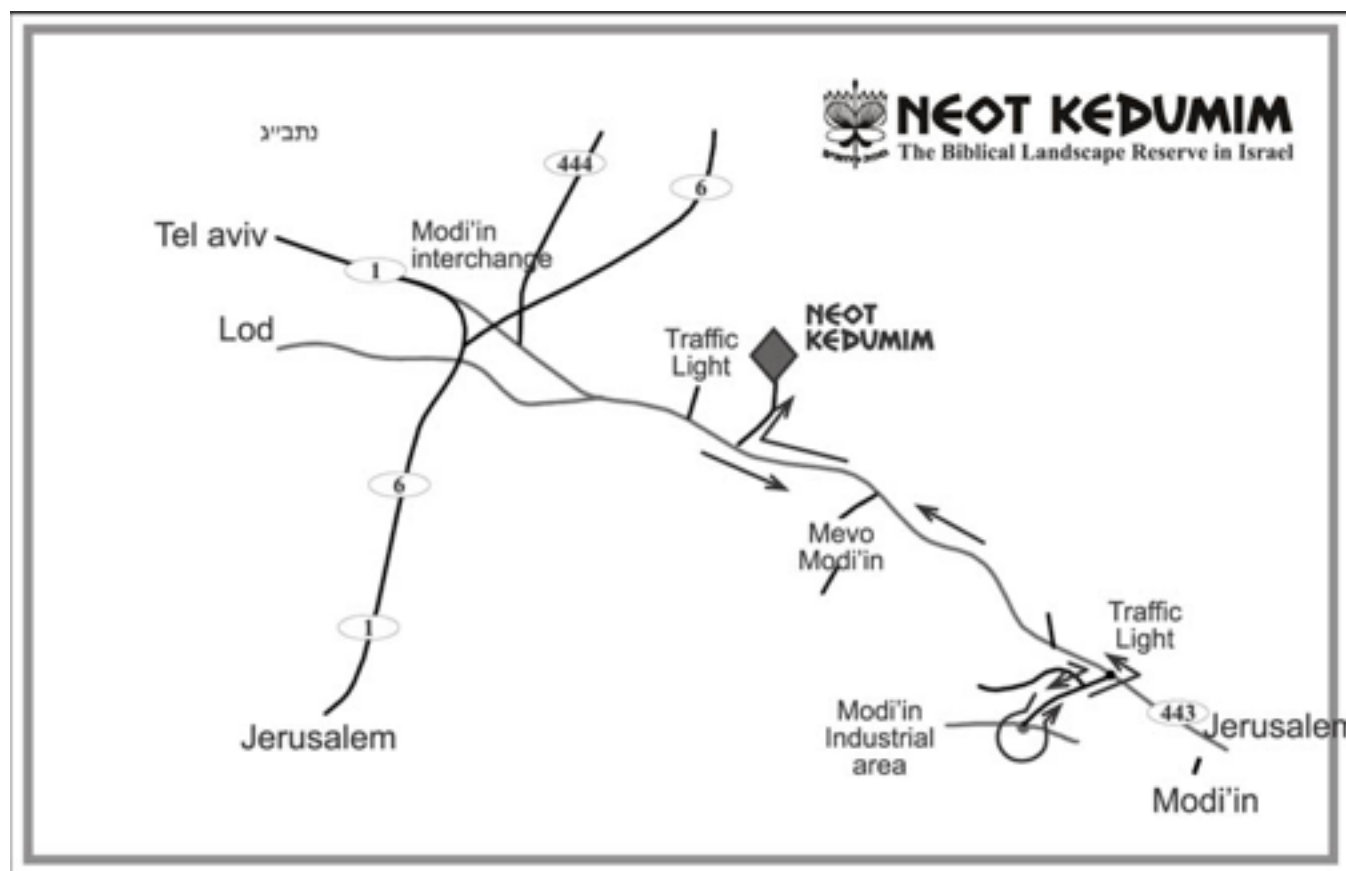
Biodiversity is the foundation of food security, ecological health and nutritious cuisine. Prior to the 'Green Revolution', almost every farmer was a seed-saver. Community seed systems fostered the dynamic evolutionary processes of natural mutation, selection and adaptability. Maintenance of landrace wheat in genebanks is essential for long-term preservation, a key link in a long change of actors needed preserve threatened crops. However today, the vast collections of landrace seeds in world genebanks are only available in tiny amounts of 1 gram to 5 grams of seeds. Our aim is to return the seed to the hands of traditional and organic farmers, and artisan bakers.

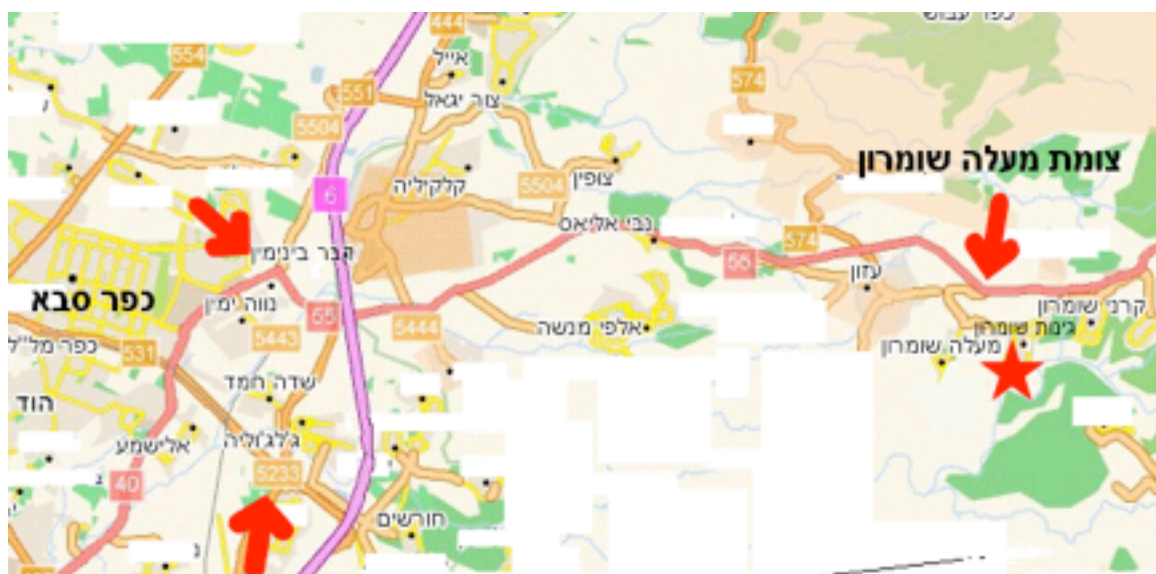
How to GROW

GROW is for everyone. Backyard gardeners and seed-savers have a key role in the program. The first step is to be attend a GROW workshop, and become part of a working group to share seeds and practical skills. Participants will receive landrace seeds from the Heritage Grain Conservancy. People who agree to return a portion of their best harvest will receive seeds for free. We will provide one seed packet to a person, due to the limited supply. Your job is to multiply the seed using organic fertility management, organic mineral amendments and cover crop rotations. Each seed is to be planted at a spacing of one seed per square foot. Save the largest healthy seedheads for multiplications. Undersow with clover to suppress weeds. All of our seed is public domain.



Directions





כניסה מעלה שומרון

מכביש 6 יורדים במחלף חורשים ופונים ימינה בצמת חורשים לכיוון גלגולה
מכפר סבא פונים ימינה בקבר בנימין
עולים על כביש 55 לכיוון יישובי השומרון
עוברים את מחסום החילים ונוסעים כ 7 ק"מ
פונים ימינה בצמת מעלה שומרון
מיד לאחר הכניסה למעלה שומרון פונים שמאלה
בתמרור עצור לאחר שער מעלה/גינות, פונים ימינה לרח' הדקל

שער
מעלה-גינות



CONTACTS

Eli Rogosa <growseed.org>, growseed@yahoo.com, **Shulamit Falik** <shula.falik@gmail.com>

Gil Marks <gilmarks@gmail.com>, Landline 02-930-9702, cell 058-697-2382

Saidel Artisan Baking Institute

22 Hadas Str., Karnei Shomron, 44855, Israel Tel/Fax 09-7941222 1-800-35-1222

Dr. Mayer-Chissick

is an expert on natural nutrition and traditional foodways, who has published a guide for the local wild edible plants of Israel and the Book of Local Food of the Levant. He leads Hikes and tours of the country side, including outdoor cooking classes, lectures and gourmet meals in nature.

<http://www.mazon-izun.com/?lang=en>

Wadi Fukin

Meet in center of village at Mosque 1 PM, Tuesday, Ph: 059 750 3493

Hanaan Manasra <haneen4goodbu@gmail.com>

SAKHNIN

Dr. Didi Kaplan- Ecological Consulting

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Salah: <waked.saleh@gmail.com> **Hanadi**, <hhanadi@gmail.com>

Gidi Bashan, Sataf

050 769 4650

4shavit.com/english.html Moshav Arbel

Abbie Rosner

Researching the ancient cultural heritage connected to the Land and its staple grain as it is expressed in contemporary Arab foodways. <info@galileecuisine.co.il>

David Katz and Gill Marks <gilmarks@gmail.com>

<Davidkatz71@gmail.com> Lamed Hey 5, Alon Shevut. From Jerusalem take the Tunnel Road South to Tzomet Hagush. Right then enter Alon Shevut at the first right (about 600meters from turn) at the double yellow gate. PH 02-993-3936



RESOURCES

1. **Restoring Landrace Wheat** <<http://growseed.org/brochure1.pdf>> Free Seed-Saving curriculum: <growseed.org/seedstewards.html>.
2. **'Forgotten Crops' - Georgia Organic Farmer Association** <thegef.org/gef/node/2339>
3. **Video: 'Growing Landrace Wheat in France'** - <youtube.com/watch?v=vxgOycrG0GY>
4. **FAO Manual for On-Farm Conservation** <fao.org/sd/erp/toolkit/BOOKS/A_training_guide_for_in_situ_conservation_on_farm.pdf> 5. **Restoring Ancient Wheat' - Palestine, Israel & Jordan Genebank 2007 Conference** <<http://igb.agri.gov.il/main/index.pl?page=112>>
6. **'Hulled Wheat' - Proceedings International Conference, 1995, Tuscany, Italy** <bioversityinternational.org/index.php?id=19&user_bioversitypublications_pi1%5BshowUid%5D=2163>
7. **Where Our Food Comes From: Nikolay Vavilov's Quest to End Famine**, Gary Nabhan "Renewing American's Food Traditions" <environment.nau.edu/raft>
8. **Decentralized selection and participatory plant breeding for low-input systems "** <semencespaysannes.org/bdf/docs/dawson-et-al-reviewppb-euphytica2008.pdf>
- Collaborative Breeding in Developed Countries** <mdpi.com/2071-1050/3/8/1206> 9. **Cereal Landraces for Sustainable Agriculture:** <growseed.org/cereal-landraces.pdf>
10. **Evaluation of Best Practices for Landrace Conservation: Farmer Evaluation** <http://www.bioversityinternational.org/fileadmin/bioversity/publications/pdfs/1308_Evaluation%20of%20best%20practices%20for%20landrace%20conservation_farmer%20evaluation.pdf>
11. **European landraces: on-farm conservation, management and use** <http://www.bioversityinternational.org/fileadmin/bioversity/publications/pdfs/1347_European%20landraces%20on-farm%20conservation%20management%20use.pdf>
12. **Breeding for Resilience - EUCARPIA** <growseed.org/breeding-resilience.pdf>
13. **On-Farm Conservation:** <bioversityinternational.org/research/sustainable_agriculture/neglected_underutilized_species_on_farm_conservation_neglected_and_underutilised_species_and_the_challenge_of_climate_change_a_new_bioversity_project.html>
13. **Country Reports - The State of the Seed** <fao.org/agriculture/crops/core-themes/theme/seeds-pgr/sow/sow2/country-reports/en/#europe>
14. **Conservation of Wheat Genetic Resources:** <cropgenebank.sgrp.cgiar.org>
15. **Youth Seed-Saving Guidebook** - <growseed.org/seedstewards.html> **Gluten Allergy Concerns: Modern Wheat breeding may have contributed to prevalence of celiac disease.** Hetty C. van den Broeck <ncbi.nlm.nih.gov/pmc/articles/PMC2963738/pdf/122_2010_Article_1408.pdf>
15. **Dr. William Davis, Wheatbelly,** <wheatbellyblog.com>
16. **Transforming the Commodity Wheat System** <sacred-economics.com>