



Ancient Grains

What are ancient grains? “Largely unchanged (genetically) in the past several hundred years” Whole Grains Council

Groats or berries—whole grain including endosperm, germ, and bran—preserves all nutrition

	Price (Variable!)	Protein Uncooked	Protein Cooked	Description	Uses
Gluten Free Pseudo Cereals (Seeds, not grains)					
Amaranth	\$4.80/lb	13.6%	9g/cup	Pseudo cereal--a seed; complete protein.	Cereal, flour for pancakes and breads.
Buckwheat	\$8.75/lb	11.7%	6g/cup	Pseudo cereal; non wheat, gluten-free seed; complete protein; outstanding source of fiber.	Flour for pancakes, breads, and gluten-free noodles and pasta...
Quinoa	\$5.44/lb	14.1%	8g/cup	Pseudo cereal; a seed; complete protein, very popular.	Very tasty and digestible. Cooked cereal, soups, salads. Sprout for sandwiches. Flour for muffins and cookies.
True Grains Containing Gluten					
Barley(hulled)	\$1.69/lb	12.5%	3.6g/cup	Pearled barley (bran removed). Low glycemic index.	Cooked cereal or ground into flour as a full substitution for all-purpose flour in baking.
Einkorn	\$5.92/lb	18.75%	18g/cup	Earliest wheat known. Grows one grain per hull, difficult to remove from hull. Gluten is less potent than in other wheat relatives.	Flour—replacement for whole wheat flour in rustic full-flavored breads. Bread has bright yellow color due to carotenoids in grain.
Farro (Emmer)	\$4.96/lb	13.3%	24g/cup	Comes pearled (bran removed) or semi-pearled; soak overnight if not pearled; sub for rice	Cooked like whole grain or ground into flour for baking. Great with savory foods.



A RoseRed Homestead Info-Sheet

Freekeh	\$5.44/lb	12.5%	16g/cup	Young durum wheat is burned to remove chaff. The moist young grains survive the fire and are threshed to release the toasty green kernels from the charred hulls.	Cooked cereal, soups, salads—uses are similar to rice.
Kamut	\$5.28/lb	14.5%	28g/cup	Ancient grain from Mesopotamia. Firm texture, nutty taste.	Flour, but not a sub for all-purpose flour. Use only 25%-50% in recipes.
Rye	\$4.48/lb	10.4%	12g/cup	Most popular among the ancient grains for breadmaking.	Flour for baked goods; also used for brewing.
Spelt	\$4.00/lb	14.6%	11g/cup	A distinct type of farro wheat. Has a higher antioxidant capacity than modern wheat. High in fiber.	Flour for cookies, muffins, and breads. Replaces all-purpose flour in most recipes.
Gluten-Free True Grains					
Millet	\$4.00/lb	11%	6g/cup	True grain. Used in birdseed in the US. Highest in calcium of all cereal grains.	Flour, or whole-grain cereal. Great for baking. Cooked cereal and a sub for rice.
Oat Groats	\$1.34/lb	11.1%		Not as anciently domesticated as other ancient grains.	Cooked cereal, flour for baking, salads, soups, stews.
Sorghum	\$5.92/lb	10.6%	20g/cup	True grain. Uses fewer natural resources in its production. Thrives in dry conditions.	Baking or cooking and can be made into a syrup similar to molasses. The flour is very dry and needs additional cornstarch, oil, or egg whites when baking.
Teff	\$8.96/lb	13.3%	10g/cup	Traditional grain of Ethiopia. Smallest of all grains.	Cooked cereal, thickener for soups and stews, added to baked goods to improve nutrition. Flour, but use only 25% in recipes.
Modern Grains for Comparison					
Hard White Winter Wheat	\$1.28/lb	12.5%	24g/cup	Ideal for long term storage—below 10% moisture. Lighter color than red wheat.	Hot cereal, baking breads and pasta.
Hard Red Winter Wheat	\$0.83/lb	12.5%	24g/cup	Most common type of wheat grown in the US.	Hot cereal, versatile flour for all kinds of breads.