

ANCIENT AND HERITAGE GRAINS

AT A GLANCE

WHOLE GRAINS

Maintains digestive health and lowers risk of cardiovascular disease, type 2 diabetes, and certain cancers

LONG, SLOW FERMENTATION

Allows body to absorb fiber, vitamins, minerals, and phytochemicals to promote health

NOURISHMENT



LIVELIHOODS



FARMERS RECEIVE A FAIR PRICE

SUPPORTS MEANINGFUL VOCATIONS

PROMOTES A TRANSPARENT FOOD SYSTEM

ECOSYSTEM



REGIONAL ADAPTATION

When part of a regional food system, adapted varieties can increase resilience

SERVICES



DROUGHT RESISTANCE

Grain in a diversified rotation reduces soil erosion, promotes water filtration, and can be part of a climate solution

SEED SAVING AND SHARING

Preserves biodiversity, farmer independence, flavor, nutrition, and the stories attached to each variety of grain

IDENTITY PRESERVATION

