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All about wheat

Wheat is said to be the most widely grown crop in the world. It is cultivated in every continent except Antarctica and most of us eat it every day. Wheat is a staple around the planet, but how much do we actually know about it? Wheat is basically a grass that belongs to the genus *Triticum*. From that classification wheat can be divided into three groups based on their number of chromosomes.

Diploid wheat (14 chromosomes) is the earliest and oldest group. Cultivated varieties in this group are rare and very unusual as they are incredibly old and have not generally been used in modern agriculture. The only cultivated variety known from this group is einkorn.

Tetraploid wheat (28 chromosomes) is more common. This group includes ancient varieties such as emmer and khorasan *Triticum turgidum* ssp. *turanicum* (sold as KAMUT® khorasan wheat) as well as modern varieties such as durum. Durum is most commonly used to make pasta.

Hexaploid wheat (42 chromosomes) is the most common group and includes spelt,

modern bread wheat and soft wheat used for cookies and cakes.

Wild tetraploid wheat was thought to have occurred mostly in the Near East where it was first gathered by man. Varieties in early agriculture were not pure lines, but consisted of a mixture of closely related grain lines called land race varieties. This is in contrast to the varieties of single, pure, lines used in modern agriculture. The diversity of these land races gave protection against attacks of disease or insects. If one strain was susceptible to an attack, other strains might be resistant which would slow down the attack on the susceptible strains as well as fill in spaces left by the destruction of weaker plants. Therefore, this process stabilizes and saves the yield of the entire crop. The khorasan wheat which is grown today and sold under the KAMUT® brand name is a heritage, heirloom grain and of a land race containing this same diversity and advantage of ancient land races. Please see our [website](#) for more detailed information.

Meet a manufacturer from Germany

Poppenhausen is a small city located in the scenic German state of Hessen. Klaus Vogel is the owner of a bakery here called Kornzauber. Kornzauber translated means, 'magic grain' bakery and is a very special bakery that focuses on helping those who are chronically ill and those with allergies. The bakery concentrates on specialized organic breads made without baking agents. Baker Vogel is able to highlight alternative medicine and energy rich foods with his "Kornzauberbrote" - magic grains bread.

Master Baker Vogel helped on his parent's farm starting at a young age and was especially interested in feeding the horses. It was here he learned the important role of good food. "High performance horses receive only easily digestible food so that during competition their food provides them a consistent, high level of energy. In addition, the immune system gets boosted" reports Klaus. He wanted to achieve the same results for human beings and believes consumers should eat pure bread, without baking yeast, enzymes and other supplements.

For over ten years he experimented with different wheat varieties and sourdoughs. During this time a doctor had a special request: a 100% pure KAMUT® khorasan bread made with only salt, KAMUT® khorasan, sourdough and water. She had recognized the health benefits of KAMUT® khorasan and wanted to add the bread to the nourishment of her cancer patients. She believed they would receive high energy and antioxidants very quickly. It seemed like an impossible task at first.

However, in 2005, Klaus Vogel opened his bakery complete with delicious 100% KAMUT® khorasan sourdough bread. Enthusiastically, he declares that his special baking process enhances all of KAMUT® khorasan's natural benefits. Klaus adds, "KAMUT® khorasan is richer in energy than spelt. Through my process the high amounts of minerals and vitamins of this ancient grain are more available and consumers of Kornzauber bread report a better well-being".

His specialized process lasts three days during which he treats the dough in a gentle way. His efforts are paying off and the popularity of his bakery is steadily increasing. Klaus received many phone calls from those who can once again enjoy eating bread because of

his breads. "The most important thing for me, is to help people as a person, as well as a baker", exclaims Klaus.

KAMUT® now on facebook and twitter - Follow the fun!

Kamut International is excited to be reaching out to people around the globe through social media outlets. Today, more and more people use the Internet as their source of information; thus, social media has also increased in popularity as a source of relevant and open information. There are many sites dedicated to social media, but you can find us on [Twitter](#) under "kamutwheat" and become a fan of KAMUT® Brand Khorasan Wheat [Facebook](#). Follow us for up-to-the-minute news, insights, discussions, and tips on KAMUT® khorasan wheat! We look forward to connecting with YOU!

Harvest 2009

KI recently met in Calgary, Alberta with its production partners from Montana, Alberta and Saskatchewan to review the results of the 2009 harvest. This includes a review of samples from every field which are analyzed by the Montana State Grain Lab. We are pleased to announce that it was a good crop year. In general, the yield was a little above average and the quality was good and within our specifications for KAMUT® brand Khorasan wheat. There should be a good supply for 2010 with no major issues.

KI at the Natural Products Expo West show in Anaheim

Kamut International will be exhibiting at booth # 2425 at the Natural Products Expo West show in Anaheim, CA March 12-14. Bob Quinn and Trevor and Tara Blyth will be on hand to answer questions and provide information about our unique brand. Andre Giles from Montana Flour & Grains will also be present to answer logistics questions from customers. We will be sampling KAMUT® khorasan products and dishing up tasty KAMUT® Mediterranean Salad complete with olives, feta cheese and balsamic.

We are also pleased to announce that KAMUT® khorasan wheat will be featured at the Organic Farming and Research Luncheon Thursday, March 11 before the tradeshow kicks off. Their chef is preparing a White Bean and KAMUT® khorasan salad with pine nuts and herbs. Doesn't it sound delicious? We hope to see you in Anaheim. Should you like to make an appointment to see us, please contact Tara at tara.blyth@kamut.com.

Latest Events

*5-8 February, Vivez Nature Paris, France

17-20 February--BioFach, Nuremburg, Germany, Booth 6-140, www.biofach.de

*6-10 March, Europain & Intersuc and Sirest Ideas, www.europain.com , www.sirest.com

12-14 March--Natural Products Expo West,Booth #2425, Anaheim, CA

*19-22 March, Vivre autrement, Paris, France

*9-11 April, Vivez Nature Lyon, France

11-12 April, NPE-OPE London, UK

*30 April-2 May, Vivez Nature Toulouse, France

*Visited by Kamut International Staff, contact Regional Director for an appointment.

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