

YELLOW FARMHOUSE

EDUCATION CENTER

Grains and Bread

December 8, 2022 3:00-4:30PM

[Link to Video](#)

This workshop provides educational resources on the history and present status of grain growing in Connecticut, and the northeast United States.

Before 1825, many people grew their own grains and most towns in the northeast had a grist mill. In this workshop, we take a video tour of Kenyon's Grist Mill in Usquepaugh, Rhode Island which has been grinding grains continuously since 1696. [Tour of Kenyon's Grist Mill](#)

Although today, 95% of the grain consumed in the northeast is grown on industrial farms in the midwest, the northeast is experiencing a revitalization of its grain industry. In a documentary produced by GrowNYC Grains and an interview with Hannah Smalls, Executive Director of the Northeast Grainshed Alliance, we hear from the grain growers, millers, malters, and producers at the forefront of this renaissance. [A Local Grain Renaissance in the Northeast](#), [Interview with Hannah Smalls](#).

Finally, this workshop includes a flip from a documentary about how Einkorn (an ancient grain notable for its flavor profile and low gluten content) is grown, and an interview with Lauren Vickerman from [Jovial Foods](#), a family-owned company based in North Stonington CT. Lauren shares cooking tips and recipes from the Jovial website and encourages teachers to use the Jovial helpline, 877-642-0644, for assistance with learning to cook with Einkorn. [Growing Einkorn](#), [Interview with Lauren Vickerman](#), [Jovial Foods Baking Tips](#).

Workshop Resources

[Tour of Kenyon's Grist Mill](#)

[A Local Grain Renaissance in the Northeast](#)

[Interview with Hannah Smalls](#)

[Growing Einkorn](#)

[Interview with Lauren Vickerman](#)

[Jovial Foods Baking Tips](#).

Additional Resources

[A Local Grain Renaissance in the Northeast Part 2: Baking Bread with Local Flour](#)

[American Mill Stones: Interview with Andrew Heyn](#)

[Back To The Grind \(Stone\): A Grain Revival Rises In New England](#)

[Grow NYC Grains](#)