

SPELT BERRY BASICS

Spelt is a grain (like wheat and oats) that is high in protein and grows well organically and locally. It does have gluten, but also contains a higher amount of protein, fiber and other nutrients than regular wheat. It has a nutty flavor and can be used as the base for many delicious meals— breakfast, lunch or dinner!

STORE IN FRIDGE OR FREEZER

We do not chemically treat our grains for extended shelf-life, so like all of our flours and grains, please keep your spelt berries in the fridge or freezer till you're ready to cook them.

PREPARE

- 1) Soak in water for several hours, or overnight (8 hrs) if possible. Drain and rinse well.
- 2) For every cup of soaked spelt berries add 3 cups water or liquid to a heavy-bottomed pot. Bring to a boil, and reduce heat to a simmer. Stir from time to time, and taste after 40-45 minutes— when they're done they'll be chewy with a little bite. They might take up to an hour.
- 3) Keep cooked spelt berries in your fridge for 3-4 days— after that, you can reboil them, rinse and drain to extend their life a little longer.
- 4) They freeze easily: pack cooled spelt berries with some of their cooking liquid in a labeled, freezer-safe storage container and thaw for a quick dinner.