

Schapfen
Mühle

seit 1452



EMMER

Our Ancient Grain.

Emmer – ancient grain with a future.



WHAT IS EMMER?



Emmer is an ancestor of today's bread wheat. Compared to this wheat, emmer has a very low nutrient requirement, meaning that it also grows well in less fertile soil and tolerates longer periods of drought. It thrives with little or no fertiliser.

Just like spelt, emmer is a cereal grain. Thanks to the protective husk that sits tightly around the grain, the grain is robust and resistant to pest and disease infestation, which makes it possible to reduce the use of plant protection products.

This husk, which is removed shortly before further processing in the mill, also protects the grain from air pollutants such as exhaust gases to the greatest possible extent.

By starting to grow emmer again, farmers are helping to conserve and strengthen the biodiversity of crops. The cultivation of emmer can therefore be seen as a way of actively protecting the environment.

EMMER CULTIVATION TODAY

SchapfenMühle only uses contractually cultivated emmer. The emmer contract farmers are mainly within a radius of 20 - 30 km from the mill in Ulm.*

While SchapfenMühle undertakes to acquire goods from its contractors – and at guaranteed prices – the producers cultivate certain quantities of emmer per year, per contractual agreement. For farmers, this means preserving their existence and planning security.

Since our demands regarding grain quality are so high, we support farmers in seed procurement, and arrange for them to meet experts who can provide

information on issues such as seed breeding and grain research. Tips are given on aspects of cultivation, crop protection and harvesting in order to achieve the optimum grain yield and the best possible grain quality. A close, cooperative partnership with the contract farmers is therefore very important to us.

Thanks to the cooperation and the close network of local farmers, SchapfenMühle contributes to strengthening the local economy on the one hand; and on the other hand, it offers full transparency across the entire value chain – from breeding and seed selection, to cultivation and further processing.



WHAT ARE ANCIENT GRAINS?

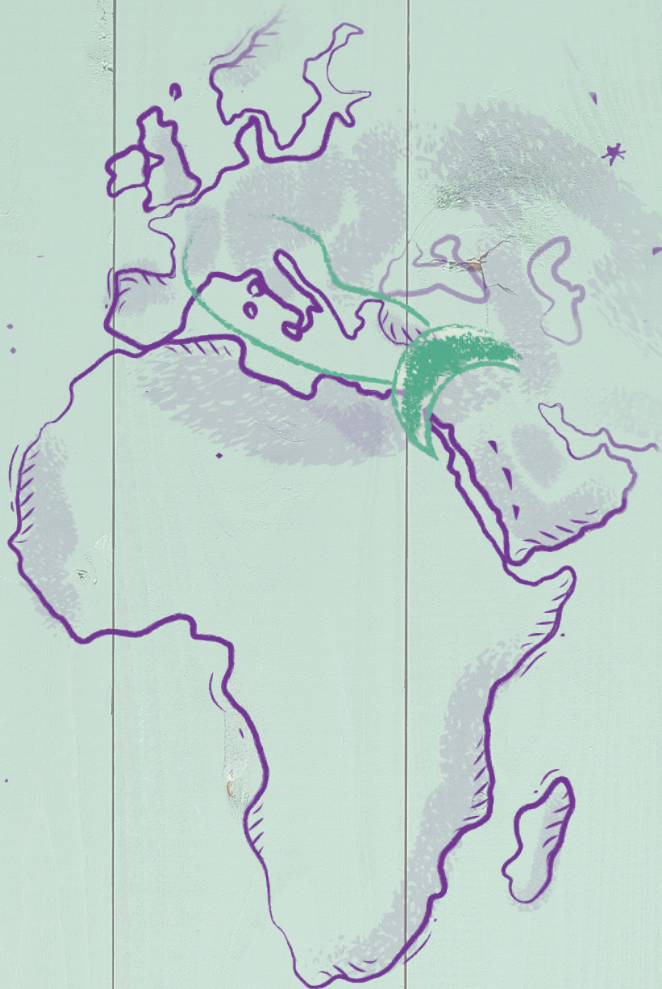
The term "ancient grains" refers to all types of grains which were grown before the birth of industrial cultivation.

These include emmer, einkorn and ancient rye, as well as all ancient spelt varieties.

- 1 EMMER
- 2 EINKORN
- 3 ANCIENT RYE
- 4 SPELT



WHERE DOES EMMER COME FROM?



Emmer is one of the oldest grain types. It dates back to 10,000 BC, and was originally cultivated in Babylon, Mesopotamia (the land between the two great rivers of Tigris and Euphrates, which mainly flow through modern-day Iraq), and Ancient Egypt.

From there, emmer successfully made its way to Europe. It is thought that Roman legionaries took the grain to Rome. Even today, the Italian word "farro" (cereal grain) and the Latin word "farratum" (grain) serve as reminders of emmer's Egyptian origins

Emmer cultivation is also a centuries-old tradition in central Europe. It was only in the Middle Ages that emmer was gradually replaced by higher-yielding grain types such as spelt and bread wheat.

Since 2013, emmer has seen a renaissance, because SchapfenMühle has been growing it by means of contractual cultivation.

EVERYTHING YOU WANT TO KNOW

Does EMMER contain gluten?

Yes. However, due to its different protein composition, sensitive individuals may better tolerate emmer than other gluten sources. Unfortunately, it is not suitable for sufferers of celiac disease..

Is EMMER healthy?

Emmer is characterised by a good balance of carbohydrates and proteins. It is rich in such minerals as iron, magnesium and zinc.

What does EMMER taste like?

Emmer has a fine, aromatic and nutty taste.

How is EMMER used?

Emmer flour has a low kneading tolerance. This means that processing/kneading should be done slowly. Knead the dough carefully and slowly, and then briefly at a faster speed.

What can I bake using EMMER?

Emmer is particularly suitable for making bread rolls, bread loaves and pizza bases. Emmer is also perfect for use in cake dough, pancakes and waffles. Because emmer, just like durum wheat, has very hard grains, emmer flour is ideal for making pasta..

Where is EMMER cultivated?

Our emmer is sourced locally, and is contractually cultivated. We therefore stick to our principles regarding traceability and sustainability.*

Why is EMMER good for the environment?

Emmer is extremely undemanding, and can grow in less fertile soils with little or no fertiliser. It can also cope well in periods of drought. Thanks to the protective husks that sit tightly around them, the grains are robust and resistant to pest and disease infestation, which makes it possible to reduce the use of plant protection products.

Which other GRAINS can EMMER be combined with?

Spelt flour has similar kneading properties, and can therefore be perfectly mixed with emmer flour.

Why is emmer more expensive than wheat and spelt?

Emmer is more expensive than wheat and spelt, due to its lower yield (approx. 50 % of wheat, approx. 75 % of spelt) and more elaborate processing.



„I guarantee the highest milling quality.“

Rolf Seibert