

the
BARLEY
legal
BRIEFS



JANUARY 2019; BARLEY

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HISTORY

We've been eating barley in our breads and porridge, feeding it to our livestock, and fermenting it to make delicious alcoholic beverages for nearly 10,000 years. Why it hasn't been granted "ancient grain" status like einkorn, emmer, and spelt we're not sure.

The strains of barley that we grow today are almost identical to those early domesticated crops, but it's been largely edged out of our diets by heavily subsidized wheat. Over the last 50 years, worldwide production of wheat has quadrupled while the production of barley has only doubled. Its regal status has been usurped and we'd like to help it regain its throne.

Perhaps this reminder of barley's long and colorful cultural history will help our case...

Then...

In Ancient Egypt, barley and wheat were used as a pregnancy test. A woman would urinate on the grains - if the barley sprouted, the baby would be a boy and if wheat sprouted, a girl. If nothing sprouted, the aspiring mother was not pregnant. Apparently this theory wasn't totally crazy. Testing in the 1960's found that 70% of the time a pregnant woman's urine helped to promote the growth of these grains.

The Ancient Greeks divined through barley cuisine in a process called Alphetomancy. Barley was kneaded with milk and a little salt, wrapped in a greased paper, baked directly in a fire, and rubbed with verbena leaf when finished. They believed that the guilty would be unable to ingest the cake and become sick. Furthermore, they believed that cakes of barley and honey could keep the innocent safe. Women walking through haunted woods would carry them so evil spirits would be drawn to the cakes instead of them.

On October 17th 1814, 323,000 gallons of beer burst out of a London brewery killing 8 people. The disaster was declared an act of God, leaving no one responsible for what must have been a seriously sticky cleanup.

Orzo was a coffee substitute in Italy during WW1 and WW2 made mainly from finely ground roasted barley. It is still a popular drink today and is often ordered as a non-caffeinated alternative or for children.

A 'barleycorn' is a unit of measurement based on the size of a dried grain of barley measuring about $\frac{1}{3}$ of an inch. Used as early as the 10th century in Britain, it was mostly done away with by the 1824 Weights and Measures Act. But the barleycorn legacy remains -- it's still the basis for English speaking countries' shoe sizing.

During the Irish Rebellion of 1798, soldiers often carried barley in their pockets as provisions. Every spring, they say, small fields of barley sprout from the unmarked mass graves of these men. The poet Robert Dywer Joyce wrote a poem memorializing the soldiers titled "***The Wind That Shakes the Barley.***"

Excerpt:

*"Twas hard the woeful words to frame
To break the ties that bound us
Twas harder still to bear the shame
Of foreign chains around us
And so I said, "The mountain glen
I'll seek next morning early
And join the brave United Men!"
While soft winds shook the barley.""*

Now...

The modern word barn comes from the Old English word *bærlic*, which means "of barley." All of our barns are really just barley houses.

Pennsylvania grows the most barley in the Northeast, and, thanks to craft brewers and distillers (and bakers!), demand for the grain in our state is on the rise.

Lama Losang's Tsampa

Story & Illustration By Katherine Rapin



In my quest to track down tsampa, an ancient Tibetan roasted barley flour, I ended up in a kitchen being fed by the venerable Lama Losang Samten. A former Buddhist monk, Samten was sent to the states to teach the art of sand mandalas by the Dalai Lama himself. He also played 'Master of the Kitchen' in the Martin Scorsese film, Kundun.

He's the real deal. And, most importantly to me, he eats tsampa on the regular.

'Tsampa' refers to both barley that's been roasted - traditionally with hot sand - and then milled, and the dish Tibetans traditionally prepare with it: an uncooked dumpling that tastes of hay, burnt toast, and forever ago. Samten's been eating it his whole life.

He spent his early years on his family's farm in central Tibet. They grew potatoes, white radish, wheat and barley and raised yaks. Samten's fondest memories involve

following around the pet donkey and making tsampa with his mom.

"In my home we had a huge kitchen just for making tsampa. We would have many bowls of sand cooking on separate fires," he told me. "You toss the grains and it cooks so easy because the sand is already so hot." His family used an ancient water mill to grind the grain. Samten remembers the miller - everything except his eyeballs coated, the room fragrant.

In the mornings his mom steeped black tea and added a knob of rich butter made from the milk of the family's dri (Tibetan for female yak). She added a splash to the bottom of a bowl, poured the roasted barley flour on top and used her fingers to mix it together. Samten was too young to mix by hand, (though not too young to find a boulder to climb that would put

him at just the right height to hop onto his donkey), his tsampa ingredients went into a bag made from stretched yak skin. "I'd roll it in my palm to make the tsampa."

It was tsampa that his family carried with them when they fled Tibet; tsampa that Losang ate during his years as personal assistant to the Dalai Lama. Now he lives in a small Philadelphia apartment with no room for a second kitchen. He buys the roasted barley flour from Tibetans living in Queens, NY and settles for American cow butter to make his breakfast.

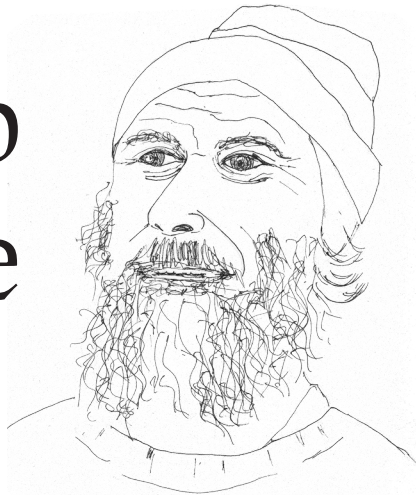
LAMA LOSANG SAMTEN'S TSAMPA RECIPE

Steep a cup of strong black tea. Add a knob of butter if you're in the mood and take a sip. Pour a few tablespoons of your tea into a wide-rim bowl. Add a heaping cup of roasted barley flour. Rotate the bowl with your left hand as you mix with your right, swiftly pulling the mixture up from the bottom of the bowl with your fingers and pressing into your palm. When the dough barely holds together, form bite-sized dumplings by squeezing small bits between your curved index finger and thumb.

"And then you eat! That's it."

Next Step Produce

Story & Illustration By Katherine Rapin



When we rounded the last bend of Next Step Produce's winding driveway, farmer Heinz Thomet told us to park anywhere. I pulled up behind a tall golden stalk with a cascade of curling dry fronds: a banana tree, beautiful in its December decay.

"My wife uses the leaves to wrap her tempeh," Heinz said, ambling over to greet us. "You add microbes and flavor instead of plastic, and there's no waste."

It was the perfect introduction to Heinz, who grows produce, beans and grains with his wife Gabrielle and their three daughters on 30 acres in Southern Maryland. With a deep understanding of their farm as an ever-changing ecosystem, he's cultivated the ability to produce nutritious and flavorful food that is often surprising yet completely logical.

We'd heard about Next Step Produce from the folks at Keep Well Vinegar (Heinz grows the fruit for their Bitter Lemon flavor) and we knew their stuff was all over the menu at Woodberry Kitchen in Maryland. We used naked barley – the very barley that's in your share – as our excuse to see the farm in person and meet the legend.

"Well, what do you want to know?" Heinz said, shifting in his sturdy rubber boots. We were still standing near the banana tree, slightly giddy. I wanted to know more about this tempeh situation, but I had a feeling we had a lot of ground to cover.

Heinz led us into the greenhouse first. Beyond rows of lettuces, there were pots of cardamom, lemon grass, and his daughters' succulent collection. Papayas grew tall, one starting to ripen. Heinz

lifted a cloth revealing a crate of the plumppest turmeric we'd ever seen. "I get bored easy," he laughed. Outside, near the spiky branches of a trifoliolate orange tree, we saw one of his newest experiments: Szechuan pepper saplings, which can grow seven meters tall.

Later, we toured the small orchard, planted within a micro-climate Heinz created using a tree-line wind break. There are rows of Asian persimmons, kiwi, and carefully trellised fig trees, which have been giving him trouble lately.

"The roots are hardy, they re-sprout, but then the fruit matures so late into the fall they don't put on any sugar," he told us. He's trying out the Japanese step-over method (the tree is pruned so low to the ground you can actually step over it) to try to get an earlier crop. "You train the tree along a wire horizontally," Heinz explained "In the fall you cut it all down to one branch and throw hay over it and cover." The hay provides winter insulation for the trunk, plus the cut branches break down into mulch under the tree. It's a deft adaptation to the ever-changing climate at Next Step.

Finally, we came to the barley field. Planted two months earlier, the vibrant green blades were only a few inches long, lying close to the ground, dormant. "It actually stops growing when temperatures get cold, around the end of November here," Heinz said. It picks up again when the weather warms, around the end of February.

Heinz started growing grains to harvest about 10 years ago, when he realized it was a missing piece of the local food resurgence. "We had been growing grain as cover crops already," he said. "We had to ask, what does it take to clean it, to make a good final product?"

The answer is partly why Heinz thinks he's among the few small farmers in the region that grow organic grain: "We spent more than \$150,000 on machinery just to clean the grain." You need a whole lot more land since the per-acre income is so low, and the time to learn.

When Heinz sets out to grow a new variety of barley, he starts small. Since the seed companies he purchases from don't always have ample stock, he plants just a handful of seeds, enough to cover about a half a row. After three or four seasons of growing and saving seed, he has enough to plant an acre.

"It's helpful to do it this way particularly if you don't have someone to go to for advice," Heinz says. There aren't many other small-scale organic growers nearby that are growing varieties like Arabian Blue or Tibetan Purple and he's learning by trial and error.

Which is because, in many ways, Next Step Produce is a pioneer in truly sustainable agriculture. "I'm always asking what's next," Heinz says. "How can I grow more excellent, highly nutritive food in balance with nature?"



Dutch Malt Whiskey

We've got a favorite local whiskey, and it's made just a few blocks from the bakery at New Liberty Distilling. It's an American single malt - smooth, caramel-y, and super duper toasty. The distillers say it's the dutch malt they source from our friends at Deer Creek Malthouse that makes it so damn tasty. (We know Deer Creek's malt magic well so we believe them.)

Deer Creek starts with two-row barley grown by farmers¹ near their Malthouse

in Delaware County. The Dutch Malt is a Munich style malt, which means, after the grains are sprouted, they're stewed (heated up while wet) slowly and then kilned (dried) at a very high temperature. These two steps in the malting process maximize Maillard reactions in the sprouted barley, which imparts that deeply sweet and nutty flavor we love in our Whisky. (Munich-style malt is what gives Oktoberfest beers their darker color and sweeter flavor, too.)

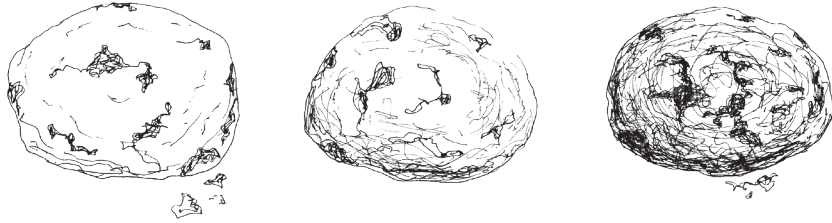
New Liberty uses 1,500 pounds of Dutch Malt in each barrel of whiskey. And they sell a whole lot of bottles of the stuff. Founder Rob Cassell is the first craft distiller in PA since Prohibition and we can't thank him enough. It's craft brewers and distillers like him that have paved the way for the local barley resurgence that's now benefitting bakers and home cooks alike.

We like to drink Dutch Malt room temperature, with just a tiny splash of water to open it up. It is also one of those rare whiskies that makes an acceptable substitute for Rye in a manhattan.

New Liberty Distilling

Story & Illustration By Katherine Rapin

¹ We got the report from a few farmers, and we'd be remiss if we didn't tell you about last years' dreadful barley season. Matt King's been growing for Deer Creek for 8 years; the 2018 harvest was the first they couldn't sell because of high levels of vomitoxin - a mycotoxin caused by fungus, to which barley is especially susceptible. "We had a really wet spring so that's what we're blaming it on," King says. When I talked to Jon Quinn, a farmer in Maryland, his barley crop was underwater. Last year, they had record rainfall on the farm and most of his barley was under-weight and unsellable. "We're all tired of working in the mud," he says. He's hoping for a better season this year. "As a farmer, if you're not an optimist you won't last."



MALTED CHOCOLATE CHIP COOKIES

We included these sweet 'n salty cookies in the fresh share and we sell them at farmers' markets, too. They're a breeze to make at home -- hit us up for the smoked malt flour.

You'll Need:

202 g all purpose flour	5 g salt
41 g sifted smoked malt flour	4 g baking soda
2 eggs	139 g dark chocolate, chopped
159 g butter (room temp)	63 g milk chocolate, chopped
215 g toasted sugar	

In large bowl, whisk together the flours, salt and baking soda. In mixer fitted with paddle attachment, cream together the butter and sugar on medium speed for 3-5 minutes. Add eggs one at a time, scraping down the bowl intermittently to ensure even mixing. Add flour and mix on low speed until just combined. Scrape down the bowl and add chopped chocolate. Mix until just combined. Chill dough 30 minutes. Meanwhile, preheat oven to 350 degrees F. Portion dough on parchment-lined baking pans, in 2 tbsp rounds, leaving 2 inches between each cookie.

Bake 10-15 minutes, or until desired chewy / crispy / melted consistency is reached (everyone's different).

TOASTY NAKED BARLEY

Barley grows with an inedible fibrous hull protecting the seed cover, which must be removed for human consumption. Typically, de-hulling the barley via pearling also removes parts of the nutrient-rich (and tasty!) bran and germ of the barley. The barley we provide in our share is naked barley, a variety with a healthy sense of body confidence and a hull that falls off easily without the need for aggressive processing.

You'll Need:

1 cup naked barley
1 1/4 cups H2O
Salt (to taste)

Retaining the flavors and nutrients of the whole barley kernel also means that our barley needs some extra TLC in the kitchen over the pearled stuff, but it's so worth it! Cover the barley with water and let soak overnight or 6-12 hours. Rinse it well and bring fresh water to a boil. Add barley and lower to a steady simmer. Cook covered for 35-45 minutes (to desired tenderness). Strain, salt, and enjoy right away, throw in a soup or store in the fridge in anticipation of a truly righteous Fridge Salad:

If you're feeling particularly productive, cooking naked barley in advance is a lifesaver for throwing together what I affectionately call "Fridge Salad." Have some roasted kabocha squash hiding in the back of your fridge? Refry those sweet babies and toss them in! Questionable mustard greens that need some love? Barley's nuttiness is a perfect match. Wondering what to do with that pesto

you ambitiously made last July? I mean, you could definitely just give it to me and I'll eat it with my bare hands, but it's probably in everyone's best interests if you toss it in your Fridge Salad. In fact, little cheese nubbins that have evaded prior consumption, those last few olives, and maybe a stray anchovy or two are all primo companions for a salty, funky dish that'll have you cleaning your refrigerator on the regular.

ROASTED BARLEY TEA

Both the pre-toasted barley and the brewed barley tea have a very long shelf life, though closer to the roasted/brewed date is always best. Leftover barley can be composted! Leftover tea makes a great cooking liquid, sauce base, brine, etc!

You'll Need:

450g Roasty Toasty Barley
2 L water

Bring 2L of water to a boil. Pour over roasted barley. Steep barley in fridge or on countertop for about 12 hours. Strain using a fine mesh strainer or cheesecloth.

Please note!

This cannot be reproduced with pearled or naked barley, since much of the flavor comes from the roasty toasty hull.

SMOKED MALT GNOCCHI

We prefer frying gnocchi directly from frozen, with no boil. The result is crispy as hell on both sides, and addictive eaten alone with just a generous salting. Heat a large non-stick or cast iron pan over med-high heat. Add a generous tablespoon of butter and let it melt, foam and just begin to brown. Add a serving of gnocchi, directly from frozen. Fry at medium-high heat, adding another pat of butter if the pan is looking dry. Flip gnocchi when one side is a deep shade of brown--almost burnt-looking--and fry other side to the same degree. Add desired sauce/accompaniment, toss well, salt to taste and serve immediately, while gnocchi is still crispy. We like a simple butter/vinegar base, with chunks of roasted kabocha squash, toasted nuts/

seeds and crispy fried sage. Alternatively, a bit more butter, a splash of wine, a tablespoon of Ale-y-um Mustard and a squeeze of citrus!

For a leaner dish, dump gnocchi into a pot of salted water at a rolling boil. Gnocchi will sink initially, and begin to float to the surface of the pot when they are nearing readiness. When the gnocchi are floating, let them cook for roughly one minute longer, and then remove with a slotted spoon into desired sauce/accompaniment to be tossed.

BARLEY BLINIS

We like these golden blinis with a dollop of creme fraiche, caramelized onions, chopped pickled something and a sprinkle of herbs. If you're in the mood for sweet, maple syrup or marmalade will do.

You'll Need:

156g blini mix ($\frac{1}{2}$ of jar)
2g baking soda (scant $\frac{1}{2}$ tsp)
125g plain yogurt
(preferably full fat)

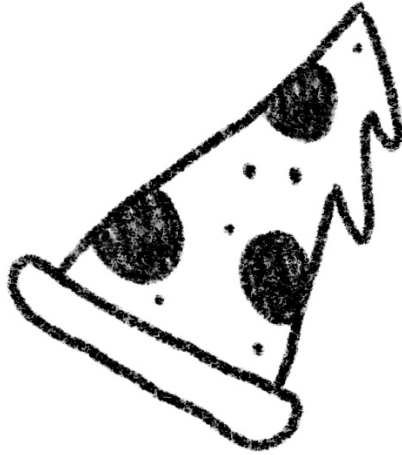
104g warm water
(about 100 degrees F)
16g butter, melted (about 1 tbs)
1 egg, separated

Whisk together water, yogurt, melted butter and egg yolk. Add blini mix and baking soda and whisk until you have a smooth batter. In a stand mixer fitted with a whip attachment, whip egg white until peaks are medium-firm. (Alternatively, use elbow grease and whip that egg white by hand.) Gently fold into batter.

bubbles begin to appear on the top side of the blini, 1-2 min, depending on blini size (we like 2-3 inches in diameter). Flip blini and cook through. Adjust heat on pan as needed to prepare golden, puffed blini.

Blini mix ingredients: Barley flour, wheat flour, whole wheat flour, granulated sugar & sea salt.

Heat non-stick, cast iron or other skillet over medium heat. Grease pan with fat of your choice. Drop rounds of batter into the pan and allow each blini to cook until



YOU WANNA PIZZA ‘DIS?

As a general rule we think the best baguette dough makes the best pizza dough, and vice versa. The recipe we developed is based on our love of roasted grain teas.

Pull your quart of dough out of the fridge on the day you want to make pizza. Leave it out at room temperature until the dough rises to roughly two inches below the lid, then return to the fridge with lid cracked.

You’ll want to find the thickest slab of stone, metal, or whatever possible to make good pizza. This can be a pizza stone, cast iron griddle, or food-safe firebrick. We like the extra thick baking steel if you have the cash—it will never break on you, will last forever, and works

great. If you’re looking for something on the cheap, ask the internet! Plenty of ideas there, only some of which will kill ya dead or blow up your kitchen!

Put your piece a’ stone on the bottom rack of your oven and preheat to the highest it will go. Hopefully this is at least 500F, but ideally 550F. Remove dough from the fridge. Turn out carefully onto lightly floured surface, flip over and gently pat from the center out, leaving a puffy rim about 1 inch wide. Keeping the

dough lightly floured on both sides, gently pat from the middle out to the puffy rim. Pick up the dough round and lay it across the backs of your hands, letting it hang off the flat surface between your first and second knuckles. Don’t let the dough hang too long without moving, it, though, or you risk creating holes. Try to keep the dough rotating on the backs of your hands, tugging gently with each turn. It should look like you are trying to steer a car with your wrists. I call this knuckling, and it makes you look super cool. Don’t try to toss the dough in the air. That move is for doughs made with really strong flour, or for chumps, crumbums and jabronis. The ideal thickness for your pie is up to you, but we prefer just shy of as thin as possible (remember to keep that puffy rim!)

Transfer the dough to a pizza peel (using the term ‘peel’ loosely here—it can be a flat cutting board, the back of a cookie sheet etc.) dusted lightly with flour and then with something coarser like corn meal, semolina or breadcrumbs. Then, careful not to get any sauce on the peel, add desired toppings (not too thick or heavy since this guy’s crust is thin).

We recommend starting with a light coat of sauce and ending with a cheese of your choosing, unless you use a lot of veggies, in which case they can go on top of the cheese and you should ease up on the sauce. If you go the veg-heavy route, our favorite way is to skip the sauce, slice the veg razor thin, toss with a bit of good oil and salt, and lay over a thin coating of a

semi-firm cheese like mozzarella or cheddar. Once the pizza is nearly done (before finishing in the broiler, for example—more on that later), finish with a generous dusting of grated hard cheese and/or breadcrumbs, a glug of good oil, and some fresh herbs.

Before putting into the oven, give the peel a quick shake to be sure the pizza isn’t sticking anywhere. If it is, gently lift up the dough and flick a light layer of your coarse flour under it. Here, you must pause a moment for to consider, fundamentally, what kind of person you are: nervous and careful, or backflip into the deep end. These are the only two ways to unload a pizza from the peel—no in-betweens—so you have to choose one and stick to it. Godspeed.

Depending on the temp of your oven, Bake for 7-14 minutes (as much as possible, resist the urge to open the oven to check on it!). When you lift the crust, it shouldn’t flop, rather it should be somewhat stiff, although not as stiff as a board. Finish the pizza with a few seconds to a minute under the broiler (be careful not to burn!!), if possible. Brush excess flour off the stone and let it reabsorb heat for at least 5 minutes before you load the next za. The only way I know how to eat pizza is immediately out of the oven so that I burn off the entire roof of my mouth, but you can find your own way.

—Alex Bois

HANDS ON

We Makin' Pizza!

JANUARY 24TH, 6-8PM

We'll start with a primer on the many delicious traditions of barley fermentation, including miso and beer. We'll cover ancient flatbreads, leading into a hands-on workshop on our universal favorite, PIZZA! We'll also have plenty of good veggies, tasty beers and non-alcoholic beverages. We'll leave fat and happy and ready to face the cold.

Note: If you purchased a hands-on share, we've got you on the class list already; if not, reach out! We have plenty of spots available.

John Barleycorn Must Die

Robert Burns, 1782

*There was three kings into the east,
Three kings both great and high,
And they hae sworn a solemn oath
John Barleycorn should die.*

*They took a plough and plough'd him down,
Put clods upon his head,
And they hae sworn a solemn oath
John Barleycorn was dead.*

*But the cheerful Spring came kindly on,
And show'rs began to fall;
John Barleycorn got up again,
And sore surpris'd them all.*

*The sultry suns of Summer came,
And he grew thick and strong;
His head weel arm'd wi' pointed spears,
That no one should him wrong.*

*The sober Autumn enter'd mild,
When he grew wan and pale;
His bending joints and drooping head
Show'd he began to fail.*

*His colour sicken'd more and more,
He faded into age;
And then his enemies began
To show their deadly rage.*

*They've taen a weapon, long and sharp,
And cut him by the knee;
Then tied him fast upon a cart,
Like a rogue for forgerie.*

*They laid him down upon his back,
And cudgell'd him full sore;
They hung him up before the storm,
And turned him o'er and o'er.*

*They filled up a darksome pit
With water to the brim;
They heaved in John Barleycorn,
There let him sink or swim.*

*They laid him out upon the floor,
To work him farther woe;
And still, as signs of life appear'd,
They toss'd him to and fro.*

*They wasted, o'er a scorching flame,
The marrow of his bones;
But a miller us'd him worst of all,
For he crush'd him between two stones.*

*And they hae taen his very heart's blood,
And drank it round and round;
And still the more and more they drank,
Their joy did more abound.*

*John Barleycorn was a hero bold,
Of noble enterprise;
For if you do but taste his blood,
'Twill make your courage rise.*

*'Twill make a man forget his woe;
'Twill heighten all his joy;
'Twill make the widow's heart to sing,
Tho' the tear were in her eye.*

*Then let us toast John Barleycorn,
Each man a glass in hand;
And may his great posterity
Ne'er fail in old Scotland!*

Lost Bread Co.
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