

GAMLA LANTRASER ÄR TIDLÖSA

Bland fördelarna med äldre sortsmaterial märks bland annat att de har en bred genetik bas med stor anpassningsförmåga till lokala odlingsmiljöer. Dessa sorter bidrar till den biologiska mångfalden i odlingslandskapet och är anpassade till ekologisk odling. De växer bra även vid låga näringsnivåer och genom sina långa strån håller de ogräset i schack utan bekämpningsmedel. Allt fler konsumenter efterfrågar bröd bakade på kultursortsmjöl på grund av smaken och för de höga näringsvärdena.

HANS LARSSON, SLU forskare och Föreningen Allkorns grundare och ordförande, presenterar ett antal vårvetesorter i en försöksodling på Holma. De flesta kommer ursprungligen från den Nordiska



Genbanken som Hans har selekterat från under många års försöksodling. Hans har valt att arbeta med sorter som visat sig ha goda bakningsegenskaper och är smakrika. Ett trettiotal sorter ingår i årets Holmaförsök. Flera av dem har utvecklats under första hälften av 1900-talet genom förädling av de månghundraåriga och tidlösa svenska lantraserna Dalavete, Ölandsvete och Hallandsvete.

HUR GÅR VI VIDARE?

Vårt älskade bröd har nu ett år kvar av projektiden. Tid för reflektion över vad vi har gjort och vad som återstår att göra för att nå projektets mål. BENGT-GÖRAN CARLSSON ger en översiktlig lägesrapport och tillsammans diskuterar vi planerade och nya initiativ.



AVGIFT OCH ANMÄLAN

Kunskapsmötet kostar **300 kronor** inklusive moms per person och betalas i förskott enligt faktura. Avgiften inkluderar ankomstkafe, vegetarisk lunch, eftermiddagskafe samt viss dokumentation. Vid måltiderna serverar Beesham Soogrim olika surdegsbröd bakade på kultursortsmjöl av vete, råg och korn.

Deltagarantalet är begränsat. Anmälan görs senast den **7e augusti** till **Bengt-Göran Carlsson** via e-post: ordbildarna@telia.com eller telefon **0761-720186**. Ange namn, adress, telefon och eventuell e-postadress. Deltagarlista och vägbeskrivning skickas ut några dagar i förväg.

VÅRT ÄLSKADE BRÖD är ett projekt för: Ekologisk odling och användning av kultursorter av havre, korn, råg och vete; Ökad biologisk mångfald i odlingslandskapet; Hälsosamma bröd och mat med mycket smak. Projektet leds av utbildningsföretaget OrdBildarna (www.ordbildarna.com) i samarbete med den ideella föreningen Allkorn (www.allkorn.se). Projektet stöds av Region Skånes Miljövärdskofond.

OUR BELOVED BREAD. Promoting organic heritage whole grains and their fermentation to help people live healthier lives.



REAL BREAD OCH ÄKTA VARA

Ett kunskapsmöte om kampen för
det goda och nyttiga brödet

MÅNDAG 17 AUGUSTI, 2015
09.00 – 16.00
PÅ HOLMA I HÖÖR

MEDVERKANDE

BAGAREN DAN BROWN
FORSKAREN BARBARA CARACCILO
FORSKAREN OCH VÄXTFÖRÄDLAREN HANS LARSSON
PROJEKTLEDAREN BENGT-GÖRAN CARLSSON

Learning from the British Bread Renaissance

British bread – a white, soft, tasteless factory product better used as a cushion than a dietary staple. Right?

Well, not in all quarters, and if certain campaigners in the UK get their way, such nutritionally barren »bread« will soon be a thing of the past. Dan Brown takes a look at the shifting bread culture in his homeland and looks for ways in which his adopted home of Sweden may be able to learn from its experiences. From the rise of the microbakeries and community supported baking to the propagation of English heritage grains on allotments in London, the UK's approach to »Real Bread« has been a very grass-roots affair.

One key player in this British Bread Renaissance is Andrew Whitley, founder of the Village Bakery Melmerby in the 1970s – one of the first organic, artisan bakeries in the UK; author of the book »Bread Matters«, winner of the Best Food Book Award 2006 in the UK; and co-founder of the Real Bread Campaign. Dan's presentation includes a report from Andrew's latest project, 'Scotland The Bread' – an attempt to establish a sustainable grain economy in Scotland based around 19th century heirloom varieties.

Dan himself has moved from the study of human cultures to the manipulation of microbial



ones – having first studied as a social anthropologist, he then trained as a professional baker at Sweden's National Resource Centre for Artisan Food, Eldrimner. Currently undertaking a second Masters degree in Environmental Science, the combination of his academic and practical educations has given him a deep appreciation for the central role that bread has played in the development of civilisation, and surely must play in its sustainable continuation. Strong collaboration is needed when promoting heritage grains between actors at all levels; researchers, breeders, farmers, millers, bakers and consumers all have a role to play, and continued dialogue is essential if we are to compete with the power and influence of the food industry.

Dan is therefore a proponent of heritage grain varieties, sourdough cultures and the sociality that derives from real, tasty, healthy bread. Through his baking, writing and lecturing he hopes to play a role in this dialogue, and encourage others to do the same. He works at Klövsjö Stenugnsbageri in Jämtland, and Frejas Bakeri in Östersund. Dan's presentation is in English.



Barbara Caracciolo and Beesham Soogrim, Holma's artisan baker, during one of the many international baking courses at Holma.

Fermentation of the right grains is the key

The anti-gluten, anti-wheat movement is gaining followers, yet little is spoken about intelligent ways of making the bread we eat more digestible and nutritious. Rather than abandoning the use of wheat altogether.

Barbara 'Elisi' Caracciolo is an epidemiologist and a researcher at Karolinska Institutet, – and a great bread enthusiast. In her presentation, Barbara reviews the scientific literature on the health benefits of heritage grain varieties in

general and on sourdough fermentation of baked goods in particular.

Sourdough fermentation has many advantages, including that of altering gluten proteins to make them more tolerable. Similarly, adoption of local, heritage varieties of wheat, unmodified by the relatively recent Green Revolution, is promising in terms of reduced likelihood of adverse reactions.

The presentation will review the most updated scientific literature describing what really happens during sourdough fermentation. She will explain why lactic fermentation of grains is to be preferred instead of using commercial yeast, when looking at the health profile of the resulting baked goods. More and more research is demonstrating the remarkable power of lactic acid bacteria, not just to control potentially harmful substances but also to enhance beneficial ones.

Together with the transformation of gluten proteins, the increased bioavailability of nutrients in grains after sourdough fermentation will be described, also in terms of reduced phytic acid effects. Baked goods fermented with sourdough have better keeping quality, and the underlying mechanisms will be also described.

Benefits of using different cereals and whole grains in our bread baking will also be discussed. Barley, for example, is a grain which is being rediscovered for its many advantages, including taste and nutrients profile. Finally, the rationale behind the use of heritage grain varieties against recently modified ones will be presented in some detail, including a review of the most updated scientific findings on the topic. Barbara's presentation is in English.