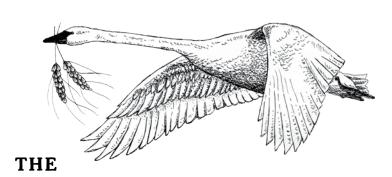
CATALOG OF GOODS



GRAINERY

--- CHIMACUM VALLEY, WASHINGTON -



GROWING WHOLE GRAINS WITH HEART & SOIL

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"Love doesn't just sit there, like a stone, it has to be made, like bread; remade all the time, made new."

— Ursula K. Le Guin, The Left Hand of Darkness

GROWING GRAINS WITH HEART & SOIL

We arrived in the verdant Chimacum Valley in 2004 and we've grown all kinds of things here over the past 20 years — including two kiddos, a bounty of blueberries, an array of apples, a mycorrhizal network of friends and neighbors, and a heap of whole grains.

All along, we've been working to revive the place-based practice of a wiser agriculture — when farmers grew and selected locally adapted 'landrace' crops at a community scale to feed those they lived among, with reverence and celebration for the land that sustained them all.

While we are newcomers to this valley, the Kisler family has grown grain with the cycles of soil, seed and season for generations. Keith's great-grandparents carried their wheat farming heritage from the Volga River region of Russia to the Columbia River basin in Washington. Today, the 5th generation continues to sow grain on the east side of the Cascade mountains, where Keith grew up learning the rigors and rhythms of farm life.

In his 20's, Keith's path veered away from conventional agriculture and into ecological studies. He met his now-farmwife Crystie in the mountains of Yosemite, where they were both teaching, and they began to consider how our relationships to nature and to food are interwoven — that what and how we eat shapes our bodies, our communities and our world.

Reading farmer-philosopher Wendell Berry together was a revelation. He affirmed that soil is "the great connector of lives" and,

"...that our land passes in and out of our bodies just as our bodies pass in and out of our land; that as we and our land are part of one another, so all who are living as neighbors here, human and plant and animal, are part of one another, and so cannot possibly flourish alone..."

- from The Unsettling of America: Culture and Agriculture

The Grainery is an organic family farm, stone mill, malthouse and bakery — growing and milling heirloom and modern grains that have been selected and farmed for restored nutrition, full flavor and climate resilience. Most of these grains are grown organically right here in our Chimacum fields; and we also source from other kindred Northwest organic family farms in order to remain regionally networked.

There is a rare continuity at work here — from farming to milling to malting to baking — an intimacy with the whole cycle, from ground to grain and back again. From land to seed to loaf, to the living community we feed.



We also collaborate closely with the researchers at WSU Bread Lab and the Sustainable Seed Systems Lab to plant maritime-hardy, climate adaptive seed, and to seek an alternative to commodified ways of farming and thinking that have stripped wholeness from our soils and our sustenance.

The ancient ways, and the re-emerging, regenerative approaches they've inspired, guide us towards a more interconnected living. This wisdom seeks a balance with our use of modern machinery and agricultural practices. We're learning as we grow and we're growing to learn.

Mohawk seedkeeper and activist Rowen White writes, "Each one of us descends from people who have been in an intimate and reciprocal relationship with plants and seeds since the dawning of time."

We're grateful to work with the people we do, in the place that we are, to renew and grow those relationships!

- Keith & Crystie spring, 2023

FARMING ON NATIVE LAND

We live and farm in the traditional territories of the Chemakum (Aqokúlo or Čəʻməqʻəm) and SʻKlallam (NəxwsXʻayʻəm), where wild salmon creeks once wove through prairie to the sea. Many Indigenous nations met, traded, and gardened in this area, including the Snohomish (Sdoh-doh-hohbsh), other Coast Salish peoples, and the Makah (Qwidičča?a·tx).

We live and farm here with humility, working within the complexity and complicity of settler colonialism. In addition to growing food to nourish community, we commit to growing our understanding of historical harms and of the ongoing systemic patterns of exploitation, extraction and disconnection that perpetuate them.

How do we tend the crops, honor the land, make a living, and feed community in light of the injustices and injuries committed in the past and made habitual in the present? How do we grow in repair, relationship and responsibility? Can we reframe farming within a community of local kinship and interconnected care? These are some of the questions that guide us.





Milling goes back many millenia; and we recognize an elemental continuity with the generations before us who gathered seed grains from wild grasses, ground them between stones and transformed them with water and fire to form the first flatbreads.

Millstones, used for grinding wheat or other grains, come in pairs: a stationary bedstone and a rotating runner stone. The movement of the runner on top of the bedstone creates a "scissoring" action that grinds grain compressed between the stones. The surface of a millstone is divided by deep grooves called furrows into separate flat areas called lands. The furrows and lands are arranged in repeating patterns called harps. The grooves provide a cutting edge and help to channel the ground flour out from the stones

The Grainery's mill was crafted in Vermont by New American Stone Mills and uses regionally quarried Barre Gray Granite, which has an exceptionally fine grain, even texture, and durability. Granite millstones have a large thermal mass that helps to keep temperature low during the milling process, thereby protecting nutrients in the grain that could be damaged by heat.

Studies have found that stone milling results in higher concentrations of macroelements, microelements, and polyphenols in flour; and increased whole wheat bread volume.

How grain is grown and milled matters...

WHAT IS A WHOLE GRAIN AND WHY DOES IT MATTER?

All grains start life as whole grains. In their natural form, growing in the fields, whole grains are the entire seed of a plant. This seed (also called a "kernel") is made up of three edible parts – the bran, the germ, and the endosperm – protected by an inedible husk.

Each section of the whole grain houses health-promoting nutrients. The bran is the fiber-rich outer layer that supplies B vitamins, iron, copper, zinc, magnesium, antioxidants, and phytochemicals. The germ is the core of the seed where growth occurs; it is rich in healthy fats, vitamin E, B vitamins, phytochemicals, and antioxidants. The endosperm is the interior layer that holds carbohydrates, protein, and small amounts of some B vitamins and minerals

"Refined grain" is the term used to refer to grains that are not whole, because they are missing one or more of their three key parts (bran, germ, or endosperm). White flour and white rice are refined grains, for instance, because both have had their bran and germ removed, leaving only the endosperm. Refining a grain removes about a quarter of the protein in a grain, and half to two thirds or more of a score of nutrients, leaving the grain a mere shadow of its original self.

In the late 1800s, new roller milling technology allowed the bran and germ to be easily separated from the endosperm. This led to the dominance of 'refined' grains like white flour and the standardization of processes like bleaching, bromating and enriching.

The resulting highly processed grains are much lower in nutritional quality. Refining wheat creates fluffy flour that makes light, airy breads and pastries, but the process strips away more than half of wheat's B vitamins, 90 percent of the vitamin E, and virtually all of the fiber. Although some nutrients may be added back by fortification, other health-promoting components of whole grains such as phytochemicals cannot be replaced.

Chimacum Valley Grainery farms in partnership with the researchers at the WSU Bread Lab, who: "create and breed different wheat, barley and rye varieties that are better for the soil and farming, way better tasting, and best of all, healthier for you. Then we share that knowledge with the rest of the world...Our goal is to change the way the world views and eats wheat."

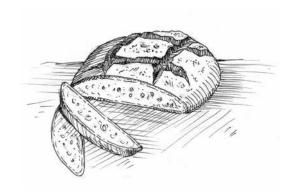
We are wholehearted in our commitment to growing and milling organic whole grains — to sustain and share their vital nutrients! Most of our flour products are happily 100% whole grain, while several have been lightly sifted to remove larger bran flakes for particular baking goals. We encourage people to experiment with whole grain blending and baking for the powerful health and taste benefits!

Sourced from: wholegrainscouncil.org/whole-grains-101/whats-whole-grain-refined-grain and from: hsph.harvard.edu/nutritionsource/what-should-you-eat/whole-grains

WHOLE

BRAN Fiber-filled outer layer with B vitamins & minerals ENDOSPERM Starchy carbohydrate middle layer with some proteins & vitamins GERM Nutrient-packed core with B vitamins, vitamin E, phytochemicals, and healthy fats

REFINED



FLOURS & MIXES

The Grainery is a WSDA Certified Organic Producer, growning organic grains. We chose not to get the WSDA organic processor's license due to unwieldy administration, but we follow all organic processing quidelines.

All flours are available in 25 lb bulk bags and in 3 lb retail packaging, and may be ordered as 100% whole grain (unsifted) or as a sifted version, removing the larger bran flakes but retaining 85-90% of the original grain.

Working with the WSU Bread Lab, we're often able to grow out new varieties of grains and will offer these as special releases. The following are our current offerings but we'll keep you posted on what's growing next season.

BREAD FLOUR

HARD RED WHEAT

This organic whole wheat Bread Flour blend includes modern and heritage hard red wheat varieties such as Expresso, Le Sourd, and Ruth, and others grown by the whole grain advocates at the WSU Bread Lab. It's called "whole wheat" because we mill the whole kernel to offer the most nutritious, full flavored flour. It's classified as "hard red wheat" due to the color of the seed and the higher protein content in this grain. Seasonal crop variations and harvest conditions, and wild elemental forces, influence the feel and taste of this flour.

PROTFIN: 11.5-13%

PROTEIN: 8-9%

This Bread Flour bakes a dark caramel loaf with deep, rustic flavor. Also suitable for hearty pretzels, pizza crust, tortillas and crackers.

PASTRY FLOUR

SOFT WHITE WHEAT

Our organic Pastry Flour is lightly sifted and stone-milled, preserving more healthy oils and fiber than a commodity white flour. Bright and flavorful with melt-in-your-mouth smoothness. For this pastry blend, we use a seasonal rotation of 'soft red' and 'soft white' wheat flours. One variety we like to grow is called Early Sunrise, a heritage grain brought to Washington by Russian farmer immigrants in the 1890's — like Keith's great-grandparents who immigrated from the Volga River around that time. We also grow a modern spring wheat called JD Club released by WSU.

Enjoy this Pastry Flour for baking cakes, croissants, biscuits, flat bread, pie crusts, muffins, scones and galettes.

RYE FLOUR CENTER VALLEY

Rye is Keith's all-time favorite grain crop, with its chewy texture and hearty flavor. Growing tall and wispy in the fields, with veins of purple running up the seedhead, rye is rooted deep in his ancestral farmer psyche. One of the oldest cultivated grains, rye later became popular in Eastern European and Nordic regions for its earthy, aromatic and mineral profile. Here in the PNW, rye thrives in our acidic soils. It is packed with vitamins and, compared to wheat, has more beneficial amino acids and more easily digested protein.

Enjoy this organic, stone-milled Rye for baking hearty breads, rustic pasta, crackers, for using in sourdough starter and blended into everything else!

SPELT FLOUR

ELWHA RIVER

We love baking with our stone-milled, organically grown spelt — a popular ancient cereal grain related to wheat, with smooth, buttery texture and light nutty flavor! We grow a variety called Elwha River Spelt, bred by our friend Dr. Kevin Murphy at the WSU Sustainable Systems Lab, and named for a river on the Olympic Peninsula. This variety was bred to be hull-less (making it viable for farms like ours to grow and mill it at a smaller scale) and released as part of the Open Source Seed Initiative in 2014, the year the two dams on the Elwha River were removed.

Enjoy this tasty, nutrient-rich and nutty grain for baking pan loaves, cookies, pancakes, muffins and dutch babies.

PROTFIN: 8-9%

PROTEIN: 10.5-11%

ALL-PURPOSE FLOUR

CONFLUENCE (LIGHTLY SIFTED)

PROTEIN: 11-12.5% .

Keith has loved the beauty and power of rivers, so we chose the name "Confluence" for this all-purpose organic flour blend — to describe the flowing together of different types of grain. The 'hard red wheat' brings gluten strength; the 'hard white wheat' brings mild nutty and sweet flavor; while the Salish Blue perennial wheat and some of our potent rye bring a generous bump of earthy spice and nutritional density. Shovel drop (like mic drop, but, you know, agricultural?).

This is a true multi-purpose flour, good for baking just about anything flavor-forward with wholehearted earthiness and rustic ambitions.

ALL-PURPOSE FLOUR CLIMATE BLEND (100% WHOLE GRAIN)

PROTEIN: 10% -

This organic, stone-milled flour blend emerged from an understanding of the strength found in diversity. With foundation seed and guidance supplied by the WSU Bread Lab, we planted 4 varieties of wheat and mixed them all together to make a diversified seed stock that would be more resilient to changing climate conditions. The grain mix includes a hard red spring wheat, two purple wheats and a blue wheat; the colors represent the hue of the seed as well as indicating unique flavors and nutrient profiles. As Keith says, "it has four legs to stand on, instead of just one!"

The resulting all-purpose flour is a diverse mix of genetics loaded with resilience and a rainbow of nutrition.

PURPLE BREAD FLOUR

EILEEN PROTEIN: 10-11%

This unique organic flour is stone-milled from a 'purple wheat', developed by Dr. Stephen Jones and his WSU Bread Lab crew in 2021. We grew this wheat for several seasons of on-farm research trials, and we loved it in the field and in the kitchen. Keith was given the honor of naming this variety after his late grandmother 'Eileen,' who was the feisty matriarch of the Kisler Farm and lived a wholehearted life amongst the work and sway of wheat fields. She was always baking! At this point, we are one of the only growers, millers and suppliers of this lovely variety.

This flour is silky, with a light purple tinge, but bakes a dark, hearty pan loaf. Blend it with our Bread Flour for hearth loaves.

PERENNIAL WHEAT FLOUR

SALISH BLUE PROTEIN: 8-9%

We were very excited to start growing Salish Blue, an experimental perennial wheat being developed by the WSU Bread Lab. With continuous breeding and field selection, the goal of Salish Blue is to establish a wheat that grows multiple years without the need to cultivate and re-seed each season. Perennial crops are less disruptive to the ground than annual crops, allow for more soil health and biodiversity, and offer regenerative benefits such as reducing topsoil erosion and fossil fuel use. It feels great to be part of this impactful research!

Salish Blue is a bold, flavor-forward, rustic whole grain flour. Mix it into your favorite recipes for a boost of flavor and earth consciousness.

BUCKWHEAT FLOUR

Buckwheat, a seed with a characteristic dark husk, has a long history of cultivation and culinary uses. This variety of 'Koto' buckwheat was released in 2002 by Cornell University. Buckwheat grows well in a range of soils and is highly resilient. It also has many benefits for an organic crop rotation, such as breaking up disease, suppressing weeds and conserving moisture. It improves soils, is excellent for pollinators and tasty for humans.

Enjoy it for making crêpes, soba noodles, blinis, cookies, and as an addition to pancake mix.

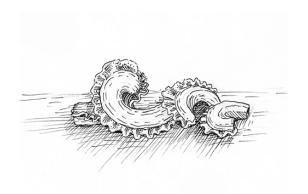
*Although buckwheat does not contain gluten, this product is not Certified GF since we mill/package it in a facility with other glutencontaining grains.

PANCAKE & WAFFLE MIX SPELT

I ate plenty of waffles & pancakes in my youth and didn't think I would fall in love with these breakfast standards later in life. But this ready-to-make Spelt Mix has taken our waffling to a new level! An ancient grain enjoying renewed popularity, we grow a variety called Elwha River Spelt — named for the local river where dams were removed in 2014 so salmon and river could flow freely again through S'Klallam lands. Bred at the WSU Sustainable Systems Lab, we're honored to grow, mill and eat this delicious spelt.

A nutrient-rich, high protein whole grain, this spelt has a light, bright nutty flavor to make you fall for breakfast all over again! Pre-mixed with baking powder and salt. Use for waffles, pancakes & in your biscuit recipes.

PROTEIN: 12%



PASTAS

We make our version of this classic pasta on the farm from our own stone-milled, whole wheat flour, grown organically in our nearby Chimacum Valley fields.

We produce our pasta with an Italian extruder, using a bronze die to shape the noodle. This is an artisan method that results in noodles with a slightly rough surface, a desirable quality that ensures sauce-ability and optimizes flavor for pasta lovers.

All of our noodles are shaped from the organic, stone-milled, flour we grow nearby in our Chimacum Valley fields.

RIGATONI

The name of the totally tubular Rigatoni noodle comes from the word "rigato," which means ridged and refers to this noodles' parallel grooves. These ridges create a hearty surface for holding sauces and grated cheeses.

Rigatoni's durable structure and shape make it splendid for heartier sauces.

CRESTE DI GALLO

The creatively curvy Creste di Gallo pasta is so-named after the crest of the rooster — an apt noodle to make on the farm.

Creste di Gallo's ruffled noodles gives them great form for a range of sauces — hearty meat sauces to fresh pesto to a fine cream sauces. Try it with soups or pasta salads.

FUSILLI

Our Fusilli is a solid, spiral shaped pasta splendidly designed to hold sauces in its swirling grooves.

The spiraling grooves of Fusilli are splendid for holding all variety of pasta sauces. And it's a nice noodle for a playful pasta salad at a picnic with people you love!

There is a second version of our Fusilli that is made with organic beet juice, resulting in a lovely red pasta!

MAFALDINE

We are pleased to offer this lesser known but magnificent Mafaldine pasta! Mafaldine is a ribbon-shaped noodle with a wider shape and wavy edges, named in honor of an Italian Princess, Mafalda of Savoy.

Mafaldine has a delicate mouthfeel and marvelous texture, ideal for more delicate sauces.

There is a second version of Mafaldine produced with seasonal greens such as spinach, nettles, arugula and kale — resulting in a lovely green pasta.

"Lift these ashes into your mouth, your blood; to know what you devour is to consecrate it, almost. All bread must be broken so it can be shared. Together we eat this earth."

— from All Bread, by Margaret Atwood





GRAINS

QUINOA

We're very excited to be able to grow Quinoa in Chimacum! Quinoa is a very nutritious edible seed that's been cultivated for about 5000 years and is indigenous to the Andean region of South America. We've worked with the WSU Sustainable Seed Systems Lab to trial nutrient-dense varieties of Quinoa that grow well here in our PNW maritime climate. Quinoa is a complete plant protein (that contains all nine essential amino acids) with ample fiber, iron, vitamins and minerals.

Quinoa is quick-cooking and can be eaten with stir-fries, salads, soups and as an exciting ingredient in baked goods. It does not contain gluten.

**Availability is dependent on processing times. There is a bitter saponin coating that needs to be removed to make quinoa seeds edible and we do not currently have access to this processing equipment in our region. It's a conundrum!

ROLLED OATS STREAKER

Crystie eats a bowl of these organic oats every morning now! We grow the 'Streaker' oat variety because it has amazing flavor, high protein, and is 'naked', meaning that the seed threshes free of its protective hull and doesn't require laborious post-harvest processing. Oatmeal is nutritionally rich, with more protein than most grains and contains numerous vitamins, minerals, antioxidants and a health-promoting soluble fiber called beta-glucan.

We roll our oats to order to maximize freshness, and do NOT heat treat our oats. For cooking, soak first in water: what little hull remains will float and may be swept away. Eat as a breakfast porridge, add to granola or muesli or use in baking.

GRAINERY GLOSSARY

Frumentaceous: A fabulous word we learned while researching this list; it means 'made of or resembling wheat or other grain'

Glume: The two empty bracts at the base of the spikelet in grasses. We have to make sure to de-glume the grains so you do not get gloomy when you eat them.

Lodging: When the crop falls over due to strong winds, heavy rain, a very wet soil etc. resulting in the furrowing of the brow of the farmer.

Chaff: The dry, scaly protective husk or seed casings of cereal grains that get lodged in your shirt, your socks and elsewhere, leading to itchy conditions for farmers.

Bien Cuit: "Well done" in French, refers to both the dark, caramelized crust on our loaves and our approach to baking. Baking a loaf 'bein cuit' allows for the caramelization of the naturally occurring sugars in the wheat to shine through, opening and unlocking a flavor palate you just can't get when baking a loaf blonde (light). A gorgeous dance between bitter and sweet, this is how we love our loaves.

Extensibility: A term used by bread bakers when describing the ability of dough to be extended and stretched without breaking the gluten strands. A term that might be also be applied to a person aspiring for compassion and emotional flexibility, or to societies looking to develop collective resilience in times of tension and uncertainty.

Crumb: The soft interior of a loaf or slice of bread. A matter of great interest and concern for many bakers who aspire to create sublimely 'crumby' bread.

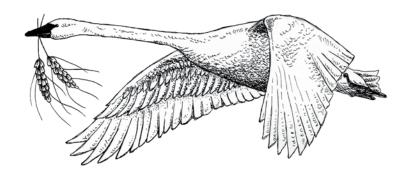
Proofing: A step in the preparation of yeast bread and other baked goods in which the dough is allowed to rest and rise a final time before baking.

TRUMPETER SWAN, CYGNUS BUCCINATOR

The late Fall migration of the trumpeter swans to the flooded fields of the Chimacum Valley is one of the highlights of our year. They come just as harvest is winding down and their arrival marks a seasonal shift that confirms our time and place within a greater planetary rhythm. For months, the swans soar and circle over the valley, scoping out sweet, soggy spots to land and feed — flying so low over the farm sometimes we can hear their wingbeats as they swoop overhead. Glowing white against the saturated greens of the valley, they are the bright spots, literally, in the short, cold days of winter here.

Did you know?

- Trumpeter swans are the heaviest and longest native bird of North America, stretching 6 feet in length and weighing more than 25 pounds.
- They breed on wetlands in remote Alaska, Canada, and the northwestern U.S., and winter on ice-free coastal and inland waters.
- They form pair bonds when they are 3-4 years old and the pair stays together throughout the year, migrating in tandem.
- They warm their eggs by covering them with their webbed feet.
- They are mainly vegetarians, occasionally eating small fish and fish eggs. They happen to like snacking on grain left in the fields!
- Swans waterproof their feathers by rubbing their bills in the oil-secreting uropygial gland near the base of the tail, then distributing the oil over the feathers.
- Despite being driven nearly to extinction by hunting in the early 20th century, Trumpeter Swans have rebounded and their numbers are increasing. Hunting them is now illegal throughout the U.S. Threats such as lead poisoning, habitat loss, power lines, and occasional shooting continue to affect the population.
- The Trumpeter Swan's scientific name, Cygnus buccinator, comes from the Latin Cygnus (swan) and buccinare (to trumpet). Humans actually have a buccinator muscle in our face, sometimes referred to as the "kissing muscle," that helps to position the cheeks so that we can form a smile or pucker the lips for playing a trumpet!



SWAN MOON

On the Winter Solstice as cold and cloud enshroud the valley

and the chill of it all pools in puddles and shadow

and even the trees in the orchard turn inward to consider the weight of darkness

we wait for the trumpeter swans to return on wings of light

wait, like we waited for love when we were younger palms sweating hearts aflutter not sure that such Love is possible not certain that we are even worthy

but hoping with every wintercold breath

hope like a ripened apple reaching from a branch that swans and dreams do come true

that Life is coming home

— C. Kisler

RESILIENCE RISING



Farming is humbling work. Being human is humbling work! There are a heap of essential questions that shape our lives and livelihood on this land and our commitment to growing nourishing food and community resilience.

What other questions do we need to be asking?

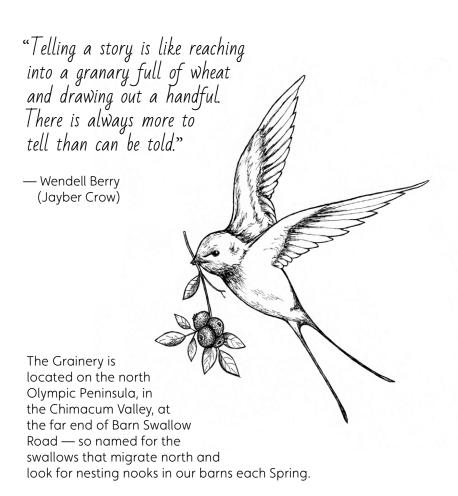
You can always reach out to us with comments, concerns or ideas at:

crystie@chimacumgrain.com keith@chimacumgrain.com



THE CREW

We work with a crew of wonderful human beings to make the Grainery hum! In the mill room and bakery, and fulfilling wholesale and retail orders, you'll find Baylin, Caitlyn and Dana S. In the malthouse and brewery-to-be, you'll see Sam. Keith is mostly on a tractor or in the fields. Behind the scenes is Dana Y. with admin and Crystie as storyteller. This group of humans works in relationship to their craft, to each other and to the land. We're grateful to grow and make good food together for community!



Along with the swallows, we share work on this land with the organic farmers of Stellar J Farm (stellarjfarm.com) whose renowned blueberries, eggs and produce are available at local farmers markets and through their CSA.

While we are not currently open for public visits, we will be offering private tours by appointment. Reach out to crystie@chimacumgrain. com to learn more. And keep an eye on our website for baking workshops and special events!

TO ORDER GOODS FROM THE GRAINERY

For retail customers: **chimacumgrain.com/store**

For wholesale accounts: **chimacumgrain.com/wholesale**

Questions about orders, reach out to: orders@chimacumgrain.com

chimacumgrain.com

