



OUT OF THE BOX

Amber Waves OF GRAINS

A Montana CSA keeps kitchens around the country stocked with heirloom grains and beans

By Cristin Nelson

PRAIRIE HERITAGE FARM is a flourishing 30-acre farm in Montana's "Golden Triangle," a region in the north-central part of the state known for its ideal wheat-growing conditions. Through the farm's "Grainy Day CSA Box," Montana natives Jacob and Courtney Cowgill ship grain and legume varieties including Bronze Barley, emmer (farro), black lentils, popcorn, buckwheat flour, and Sonora Heritage Wheat around the country every month—even in winter. Jacob is drawn to older, genetically diverse grain varieties, which he believes impart *terroir*, a taste of place, to a loaf of bread or bowl of barley. "It's going to be subtler than the difference between two varieties of tomatoes, but it'll be there," he says. The following recipes offer wintertime ways to taste those subtle flavors of heritage dry foods—or just to warm yourself up when the weather turns cold.

SMOKY VEGETABLE AND WHEAT BERRY STEW

SERVES 4

Wheat berries and dried white beans are cooked directly within this long-simmering soup, lending body and flavor to the broth. Feel free to substitute other heritage beans for the white beans.

- ½ cup dried white beans
- 2 Tbs. olive oil
- 1 medium leek, white and light-green parts sliced (1 cup)
- 1 carrot, peeled and chopped (½ cup)
- 1 celery stalk, trimmed and chopped (⅓ cup)
- 3 cloves garlic, minced (1 Tbs.)
- 1 tsp. smoked paprika
- 5 cups low-sodium vegetable broth, or water
- 1 14.5-oz. can diced, no-salt tomatoes with liquid
- ½ cup wheat berries
- 2 sprigs fresh sage, optional
- 2 cups Swiss chard greens, sliced
- ¼ cup chopped, fresh parsley

1 Soak white beans in medium bowl of cold water overnight. Drain, and set aside.

2 Heat oil in large saucepan or Dutch oven on medium-high. Add leek, carrot, and celery, and season with salt and pepper, if desired. Cook 5 to 7 minutes, or until vegetables are brown around edges. Add garlic and smoked paprika, and sauté 1 minute. Stir in broth or water, tomatoes, wheat berries, soaked beans, and sage, if using.

3 Bring to a boil, then cover pan almost completely and reduce heat to medium-low. Simmer 1 hour, or until wheat berries and beans are tender, adding stock or water if soup becomes too thick. Stir in chard and parsley, and cook 5 minutes more. Season with salt and pepper, if desired.

PER 1½-CUP SERVING 297 CAL; 11 G PROT; 7 G TOTAL FAT (1 G SAT FAT); 47 G CARB; 0 MG CHOL; 254 MG SOD; 3 G FIBER; 8 G SUGARS ♥





BARLEY SALAD WITH PAN-ROASTED CARROTS AND CHICKPEAS

SERVES 4

Jacob Cowgill of Prairie Heritage Farm is a champion of barley, which he considers an underrated grain. He grows a heritage variety called Bronze Barley, but this recipe will work just as well with any pearled barley.

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| ½ cup pearled barley | 4 green onions, chopped (½ cup) |
| 2 tbs. plus 2 Tsp. olive oil, divided, plus more to taste | ¼ cup chopped, fresh mint |
| 5 large carrots, cut into ½-inch pieces (2 cups) | 2 Tbs. lemon juice, plus more to taste |
| 1 tsp. ground cumin, plus more for sprinkling | 4 cups baby greens or arugula, optional |
| ¼ cup raw pistachios | |
| 1 cup cooked chickpeas | |

1 Bring barley and 4 cups water to a boil in medium saucepan. Reduce heat to medium-low and cook 20 minutes, or until barley is al dente. Rinse under cold water, drain, and set aside.

2 Heat 2 tsp. oil in large skillet over medium-high heat. Add carrots and cumin, and stir to coat. Cook 10 minutes, stirring occasionally, or until carrots are deep brown but still firm. Add pistachios, and cook 2 to 3 minutes more. Transfer to large bowl, and stir in barley, chickpeas, green onions, mint, lemon juice, and remaining 2 Tbs. olive oil. Season with salt and pepper, if desired. Cover, and refrigerate 2 hours, or overnight.

3 Taste and adjust seasonings by adding more lemon juice, olive oil, salt, and pepper before serving. Serve on a bed of baby greens or arugula, dusted with cumin.

PER 1-CUP SERVING 321 CAL; 10 G PROT; 14 G TOTAL FAT (2 G SAT FAT); 42 G CARB; 0 MG CHOL; 50 MG SOD; 11 G FIBER; 6 G SUGARS 

**TURMERIC-DUSTED
POPCORN WITH
PARSLEY OIL****SERVES 4 | 30 MINUTES OR LESS**

Think of these as a healthy alternative to cheese curls, because the turmeric dusting on the popcorn will likely tint your fingers just like cheese curls would! To complement the turmeric's currylike flavor (it's one of the main spices in curry powder), try substituting finely chopped chives for part or all of the parsley.

- 2 tsp. vegetable oil
- ¼ cup popcorn kernels
- 2 Tbs. olive oil
- ¼ cup finely chopped parsley
- 1 tsp. ground turmeric

1 Heat vegetable oil in 3-quart heavy-bottomed saucepan on medium heat. Add 4 popcorn kernels, and cover pan; when kernels pop, add remaining kernels and re-cover. Cook 2 to 3 minutes, or until intervals between pops slow to 2 to 3 seconds, shaking occasionally. Transfer popcorn to large bowl.

2 Off heat, warm olive oil in still-hot saucepan. Add parsley, and stir to combine, then use a spatula to pour parsley oil over popcorn. Toss to distribute, then add turmeric, and season with salt, if desired.

PER 1½-CUP SERVING 127 CAL; 1 G PROT;
10 G TOTAL FAT (1 G SAT FAT); 9 G CARB; 0 MG
CHOL; 3 MG SOD; 2 G FIBER; <1 G SUGARS **V** **GF**