



Danielfarro

Organic Einkorn Wheat Berries



Einkorn (piccolo farro in Italian) is one of the oldest grains. It is a real multivitamin since it contains 5 to 8 times more antioxidants such as carotenoids and a higher quality protein content.

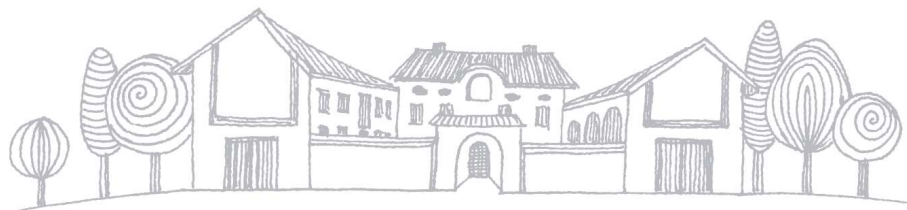
As well as wheat and barley, einkorn was the first wheat grown on large areas in the Fertile Crescent region. Wild forms of this grain, dating back to 23,000 years ago, were also found south of Lake Tiberias. Einkorn was fundamental to the birth of agriculture.

Einkorn differs from other types of wheat (soft and hard) for the high content of proteins, antioxidants, vitamins, zinc, iron, and phosphorus. The high nutritional profile of einkorn, combined with the easy digestibility due to the low gluten content, make the resulting products excellent for a balanced diet.

It has an intense yellow color and unmistakable aromas.

Excellent to prepare delicious salads or traditional Piedmontese soups.

Content per package: 500g



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