

# WILLOWTREE BREAD



## What is Einkorn?

Einkorn is the oldest known variety of wheat. It was cultivated in Eastern Turkey at least 10,000 years ago and is both nutritious and low in the type of gluten that some people find troublesome. *However it is not gluten free!*

Einkorn has been superseded by more modern varieties of wheat for three reasons:

- It's yield is only about half that of modern wheat varieties
- It has a tough husk that requires extra work to separate the kernels
- It has relatively poor baking characteristics due to the low gluten content

