

The Amazing Story of the Nearly Lost Grain, Kamut®

You couldn't make up the story of Kamut®, a variety of wheat known as khorasan, if you tried. In 1949, a U.S. airman named Earl Dedman was stationed in Portugal. Dedman received 32 giant wheat kernels from a fellow airman who picked them up in Egypt, where he was told the wheat came from an Egyptian tomb (more likely it came from a street vendor in Cairo.) Dedman sent the wheat kernels to his father in Fort Benton, Montana and the family grew the grain as a novelty under the name, "King Tut's Wheat" in the 50s and 60s. A local farmer grew some of the wheat and displayed it at the Fort Benton fair in 1964.

Fast forward to 1977 when Bob Quinn, a graduate student at the University of California, Davis, examined the back of a package of Corn Nuts, and read that the snack was made of giant corn kernels. This brought back memories of the huge wheat kernels he had seen long ago at the Fort Benton fair. Quinn had a light bulb moment: Perhaps the giant wheat kernel might be the next great American snack. The Corn Nuts company expressed interest in the giant wheat, so Quinn's father searched for the

grain in Fort Benton, locating one small jar of the giant kernels that descended from Dedman's Egyptian wheat. Sadly, the Corn Nuts company lost interest in the project—but Quinn didn't. He grew the giant wheat and introduced it at the Natural Products Expo in 1986, where it became an overnight success.

Today, the Quinn family business, Kamut International, has enjoyed phenomenal growth of khorasan wheat

under the trademarked name Kamut (a name from an ancient hieroglyphic dictionary.) Kamut khorasan is available as the whole grain kernel (also referred to as "berries"), quick-cooking bulgur and flour. Kamut is also included in a variety of food and beverage products including breads, pasta, cereals, snacks, pastries, crackers, beer, grain coffee, green foods and wheat drinks. With a rich, sweet flavor, Kamut berries or bulgur can be used in a number of dishes such as soups, salads, side dishes and main dishes. The flour can be used as a substitute for all-purpose or whole wheat flour in baking.

A closer look at Kamut. Kamut khorasan turns out to be an ancient relative of our modern wheat staple, durum. The large wheat grain originated in the Fertile Crescent region that reached from Mesopotamia to Egypt, but it had fallen out of modern cultivation for a long period of time before its rediscovery. Though it is available in many places around the world, khorasan wheat is only commercially grown in Montana and Canada. Kamut International established high standards for the cultivation of khorasan wheat under the Kamut trademark in order to preserve its purity and to ensure it is grown organically.

Kamut khorasan is an excellent way to up your intake of whole grains. This ancient wheat variety is also higher in protein and many minerals than modern wheat varieties. Although it is not recommended for people with celiac disease who must avoid the gluten found in wheat, many people with wheat sensitivities report tolerating Kamut better than other wheat. Next time you're looking for an alternative to rice or potatoes, think about the amazing story of Kamut and its healthy properties.

— Sharon Palmer, R.D.

Kamut Nutritional Lineup

1 cup cooked

Calories: 251
Fat: 1.6 grams
Dietary Fiber: 6.7 grams
Protein: 11 grams
Iron: 3.46 milligrams (19% DV)
Magnesium: 96 milligrams (24% DV)
Phosphorus: 304 milligrams (30% DV)
Zinc: 3 milligrams (20% DV)
Copper: .43 milligrams (22% DV)
Manganese: 2.09 milligrams (105% DV)
Thiamin: .21 milligrams (14% DV)
Niacin: 4.73 milligrams (24% DV)
(DV = Daily Value)

Healthy Whole Grain Pilaf

2 tablespoons olive oil	2 cups water	Dressing:
½ cup chopped shallots	2 cups reduced sodium broth	½ cup sherry wine vinegar
1 cup brown rice	¾ cup dried cranberries	2 tablespoons walnut or olive oil
1 cup wild rice	½ cup chopped, dried apricots	Optional: 1 cup chopped pecans or walnuts
1 cup Kamut Khorasan berries	½ cup dried currants	

1. Heat oil in large saucepan over medium-high heat. Add shallots and sauté until translucent (5 minutes.)
2. Add brown rice, wild rice and Kamut berries. Stir to coat. Add water and broth. Bring to boil and reduce heat to low. Cover and cook until grains are tender and liquid is absorbed (about 45 minutes.) Remove from heat.
3. Stir cranberries, apricots and currants into grains. Cool to room temperature. Whisk vinegar and oil in a small bowl to blend. Pour over salad and toss to coat. Stir in nuts and serve.

Serves 8. **Nutrition Information per Serving:** 365 calories, 10 grams protein, 8 grams fat, 67 grams carbohydrates, 145 milligrams sodium, 6 grams fiber.

Adapted from recipe courtesy of Kamut Khorasan

Editor: Sharon Palmer, R.D., Contributing Editors: Sharon B. Salomon, M.S., R.D., Heidi McIndoo, M.S., R.D.

EDITORIAL ADVISORY BOARD: Nancy Clark, M.S., R.D., Director, Nutrition Services, Sports Medicine Brookline, Brookline, MA; Isobel Contento, Ph.D., Coordinator, Program in Nutrition and Education, Teachers College, Columbia University, New York City; Jo-Ann Heslin, M.A., R.D., Nutrition Consultant, NRH Nutrition Consultants, Inc., New York City; Bonnie Taub-Dix, M.A., R.D., Nutrition Consultant in private practice, New York City and Long Island.

B *Environmental Nutrition* (ISSN: 0893-4452) is published monthly by Belvoir Media Group, LLC, 800 Connecticut Avenue, Norwalk, CT 06854-1631; www.environmentalnutrition.com. Robert Englander, Chairman and CEO; Timothy H. Cole, Executive Vice President, Editorial Director; Philip L. Penny, Chief Operating Officer; Greg King, Executive Vice President, Marketing Director; Ron Goldberg, Chief Financial Officer; Tom Canfield, Vice President, Circulation. © 2010 Belvoir Media Group, LLC. Postmaster: Send address corrections to *Environmental Nutrition*, Box 420235, Palm Coast, FL 32142-0235.

Regular Subscription Rates: \$39 in U.S., \$49 in Canada (U.S. \$ only). Single copy, \$5. Subscriptions, change of address and customer service: Visit www.environmentalnutrition.com/cs. *Environmental Nutrition*, PO Box 420235, Palm Coast, FL 32142-0235 or 800-829-5384.

Special written permission is required to reproduce, by any means, in whole or in part, the material contained herein.

This newsletter is not intended to provide advice on personal health matters. Consult a qualified health care provider.

Copyright of Environmental Nutrition is the property of Belvoir Media Group and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.