



HERITAGE GRAINS

Flavorful Authenticity for Health and Hearth

Culture

Nutrition

Biodiversity

Richard Scheuerman and Steve Lyon

2016 Spokane Farm & Food Expo



“After a while the young man sat up and looked at the heavens, at the twinkling white stars, and then away across the shadows. The dreaming hills with their precious rustling wheat meant more than even a spirit could tell. Whence the first and original seeds, and where were the sowers? Back in the ages!”

“The stars, the night, the dark blue of heaven hid the secret in their impenetrableness. Beyond them surely was the answer, and perhaps peace. Material things—life, success—lost their significance and were seen clearly. They could not last. But the grain, the land, the stars—they would go on with their task.”

--Zane Grey, *The Desert of Wheat* (1919)



For Grandpa Don and his grandchildren

Don Scheuerman and granddaughter Mary K. at the Scheuerman ranch barley field in the Mt. St. Helens spring
Endicott, Washington; 1980



Landraces are ancient plant “land strains” of rich genetic diversity that adapted over many centuries to a particular home area from which many derived common names like Browick (English) wheat, Oderbrucher (German) barley, & Sisoslk (Russian) rye. Landraces predominated across Puget Sound during 19th century including English “White Winter” Lammas, hard Russian Red, and Spanish Yellow Sonora.

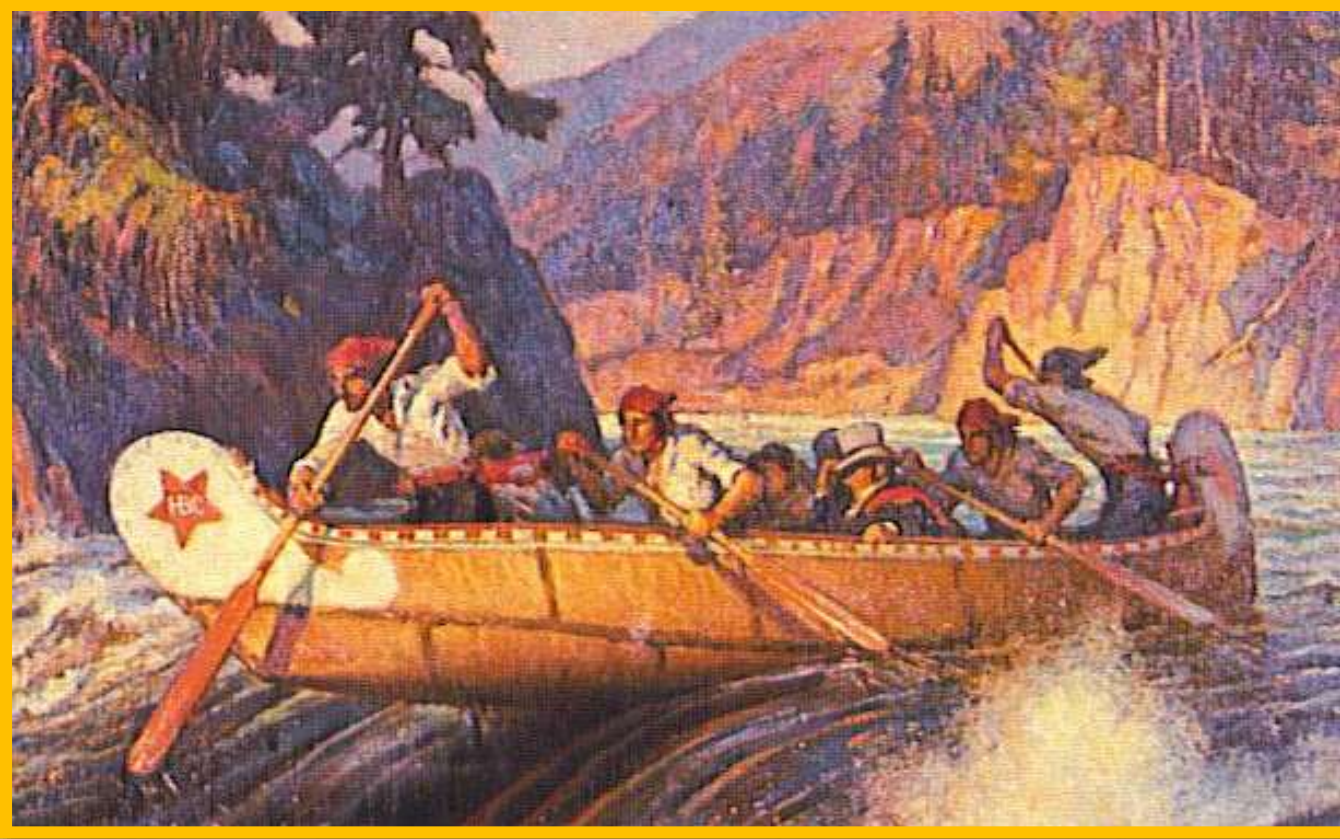
White wheat or else red, red rivet or white,
For passeth all other, for land that is light.
White pollard or red, that so richly is set,
For land that is heavy is best you can get.

Maine wheat that is mixed with white and with red
Is next to the best in the market man's head:
So Turkey or Purkey wheat many do love,
Because it is flourie, as others above.

Gray wheat is the grossest, yet good for the clay,
Though worst for the market, as farmers may say.
Much like unto rye be his properties be found,
Course flour, much bran, and a peeler of ground.

Thomas Tusser

from *Five Hundred Points of Good Husbandry* (1580)



Sir George Simpson Aboard the Columbia Express (1825)

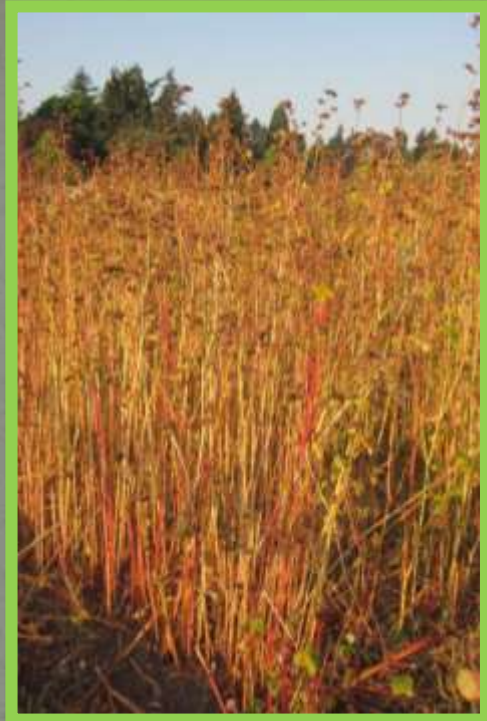
“It has been said that Farming is no branch of the Fur Trade but I consider that every pursuit tending to lighten the Expence of the Trade is a branch thereof....”



Ft. Vancouver, est. 1826

Named for 1790s British Puget Sound explorer (and brewer!) George Vancouver

1830s-40s Chief Factor: Dr. John McLoughlin



**Hudson's Bay Company Northwest Post Farm Crops
l to r: coleseed, buckwheat, mangle root**



Ft. Vancouver Heirloom Vegetable & Herb Garden

Worcester Squash, Love Lies Bleeding Amaranth, Cannellini Beans



HBC Fort Colvile (Grist Mill above)

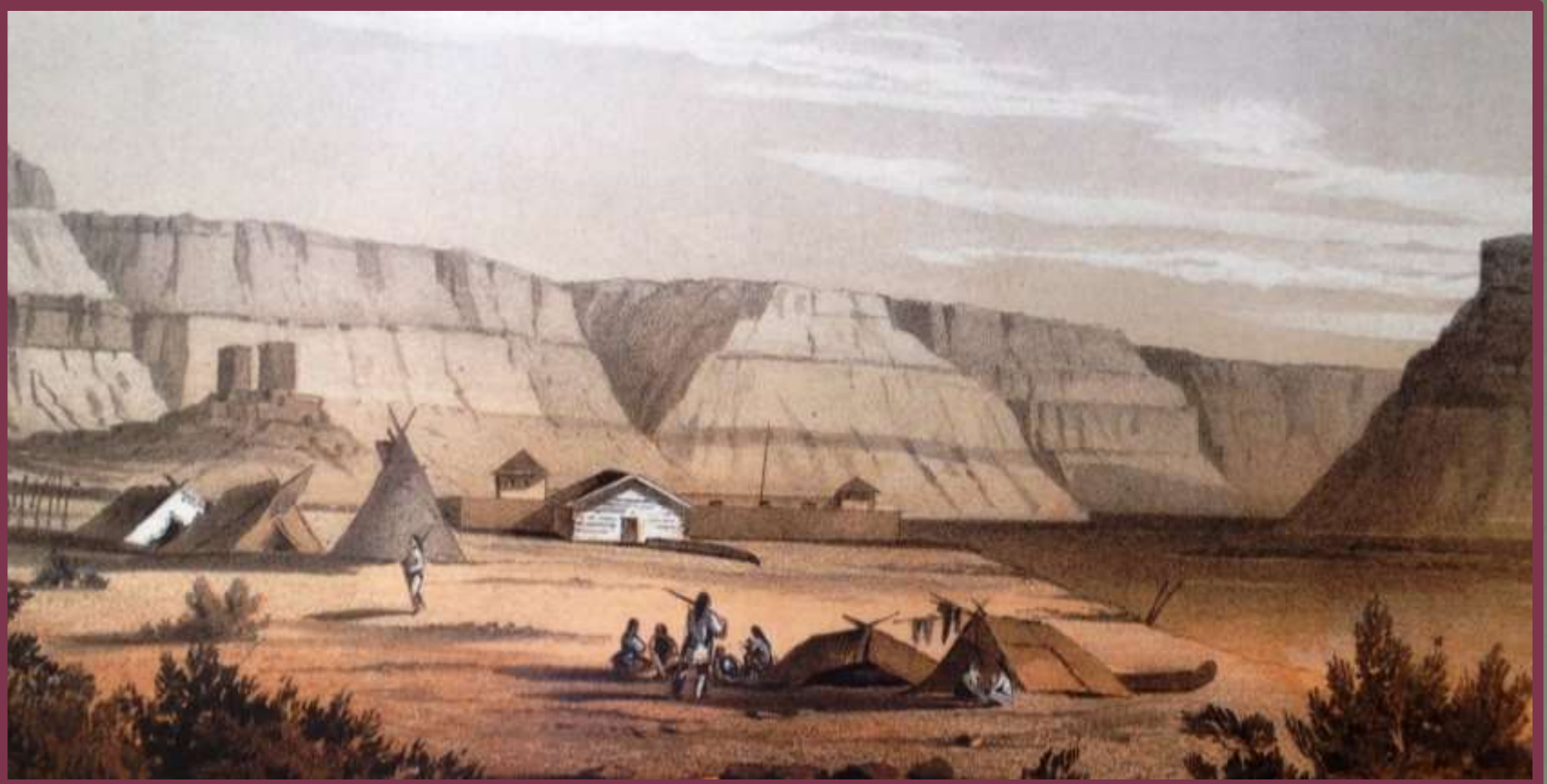
Est. 1826

1840s Chief Trader: Archibald McDonald



Fort Okanogan

Est. 1811(AFC), NWC (1812), HBC (1821)



Ft. Nez Perces (“Old” Ft. Walla Walla)

At present Wallula near Pasco, Washington

Est. 1818 (AFC)



The HBC's Northwest Agricultural Network (1839-1860s)

Ft. Vancouver (>1500 A)

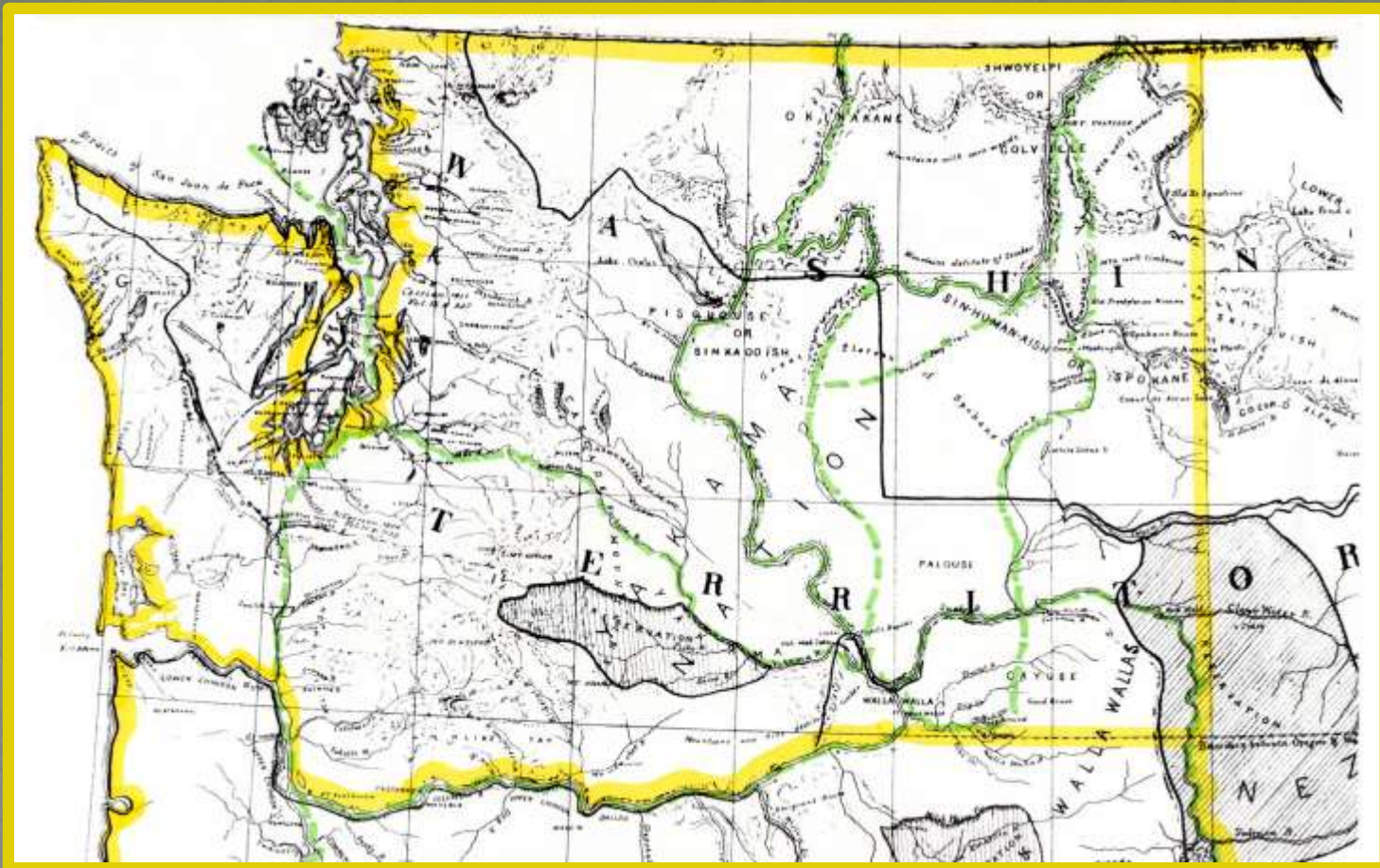
Ft. Colvile (~400 A)

Ft. Nisqually (~1200 A)

Cowlitz (Prairie) Farm, (3,600 A)

Ft. Walla Walla (30 A)

Left: Paul Gustin Mural, UW Library



Inland Northwest Frontier Trade Routes
c. 1830s-'50s



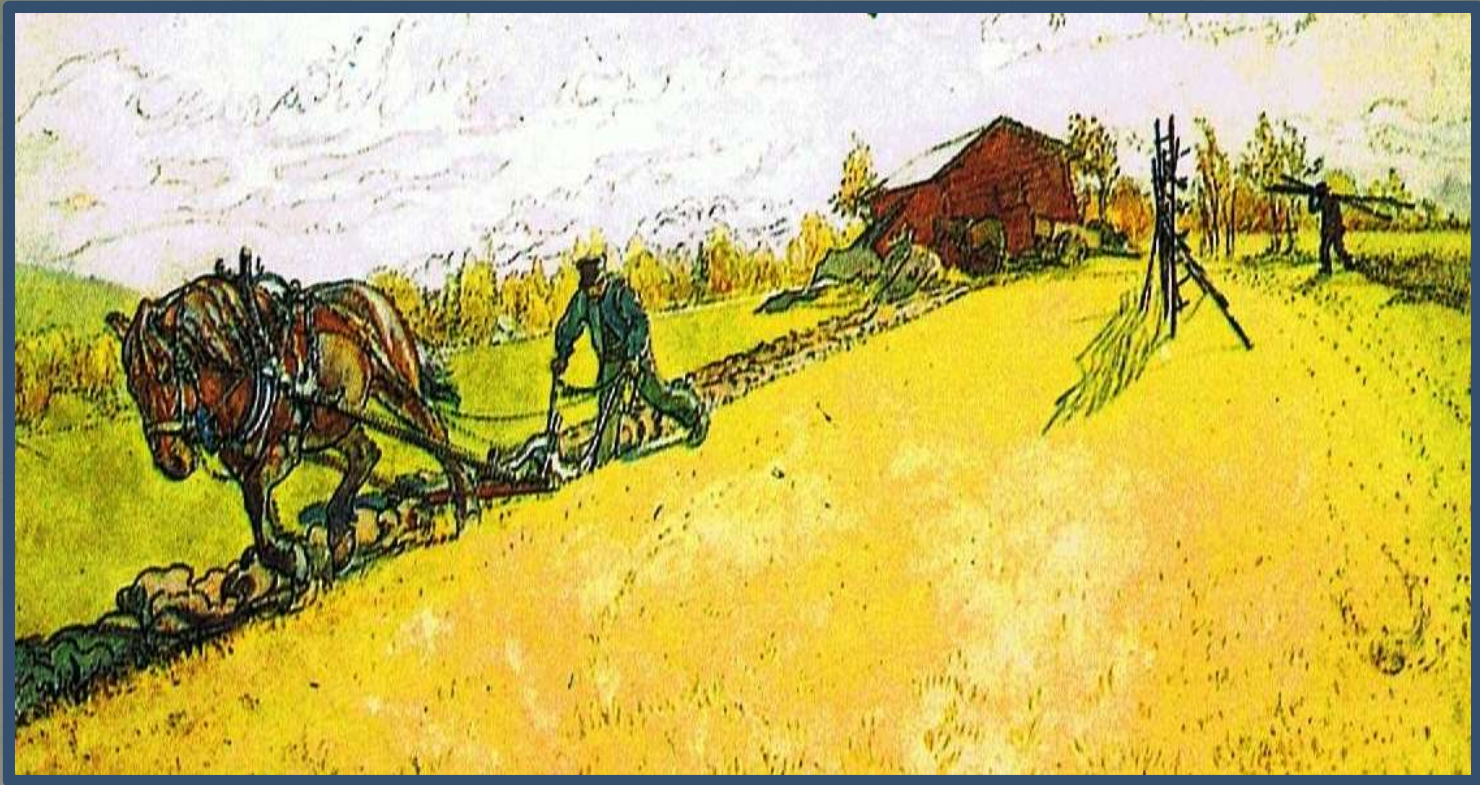
Fort Nisqually Granary Asahel Curtis Photograph
Washington's Oldest Wooden Structure, 1850



Left: Columbia River White Bluffs Ferry Crossing

Right: White Bluffs “Hudson’s Bay” Trading Post (c.1930)

Hanford Reach National Monument



THE NORTHWEST FRONTIER FARM YEAR

(Carl Larsson paintings)

Plowing: “*Saturday, January 25, 1851.* Plough doing good work as the fodder had run out oxen did no more. Sent ox drivers to shift the poles from round the field as it is to be enlarged.”



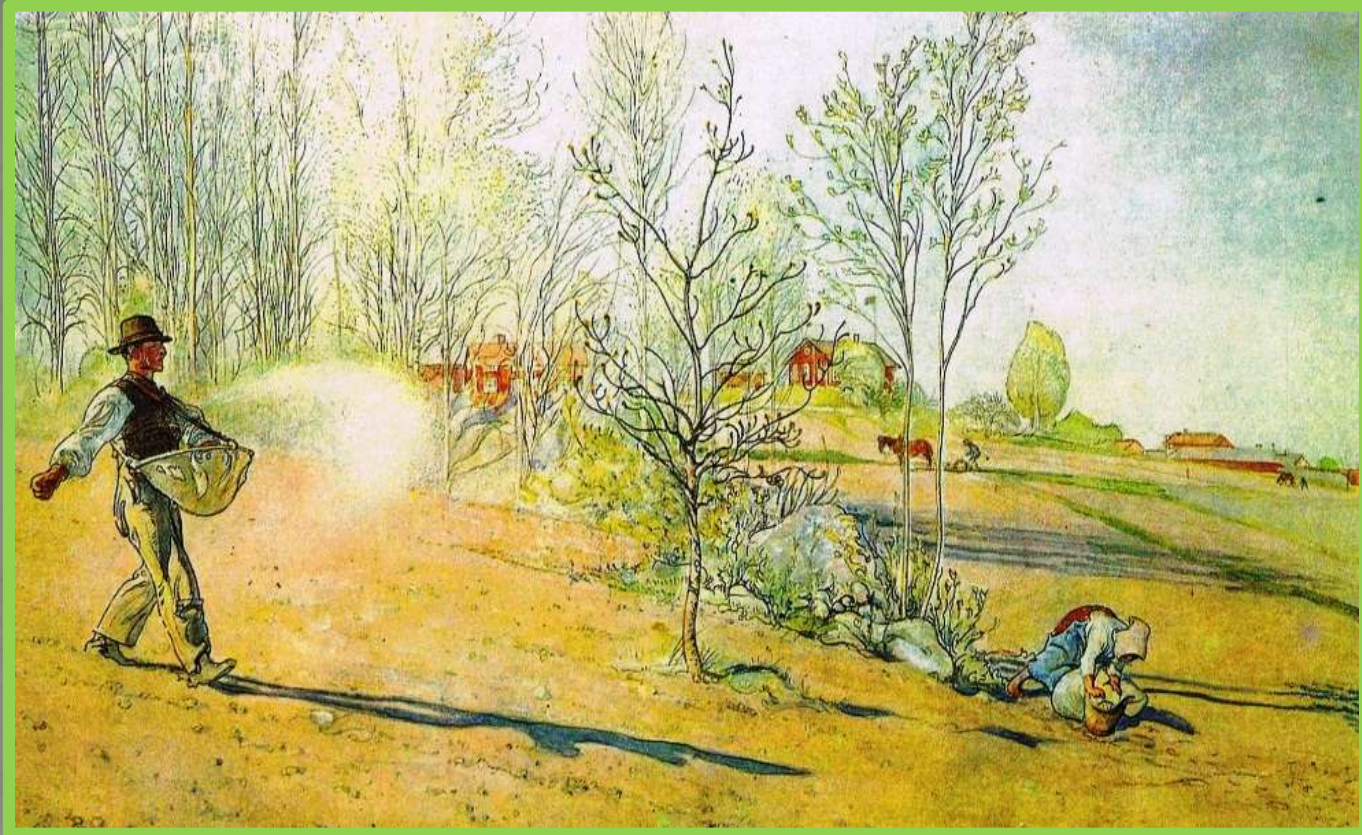
Digging Drainage Ditches

*“Saturday, February 15, 1851. Kuphai & two Indians deepening drains.
Wednesday, March 17, 1852. McPhail and gang ditching and draining in swamp.”*



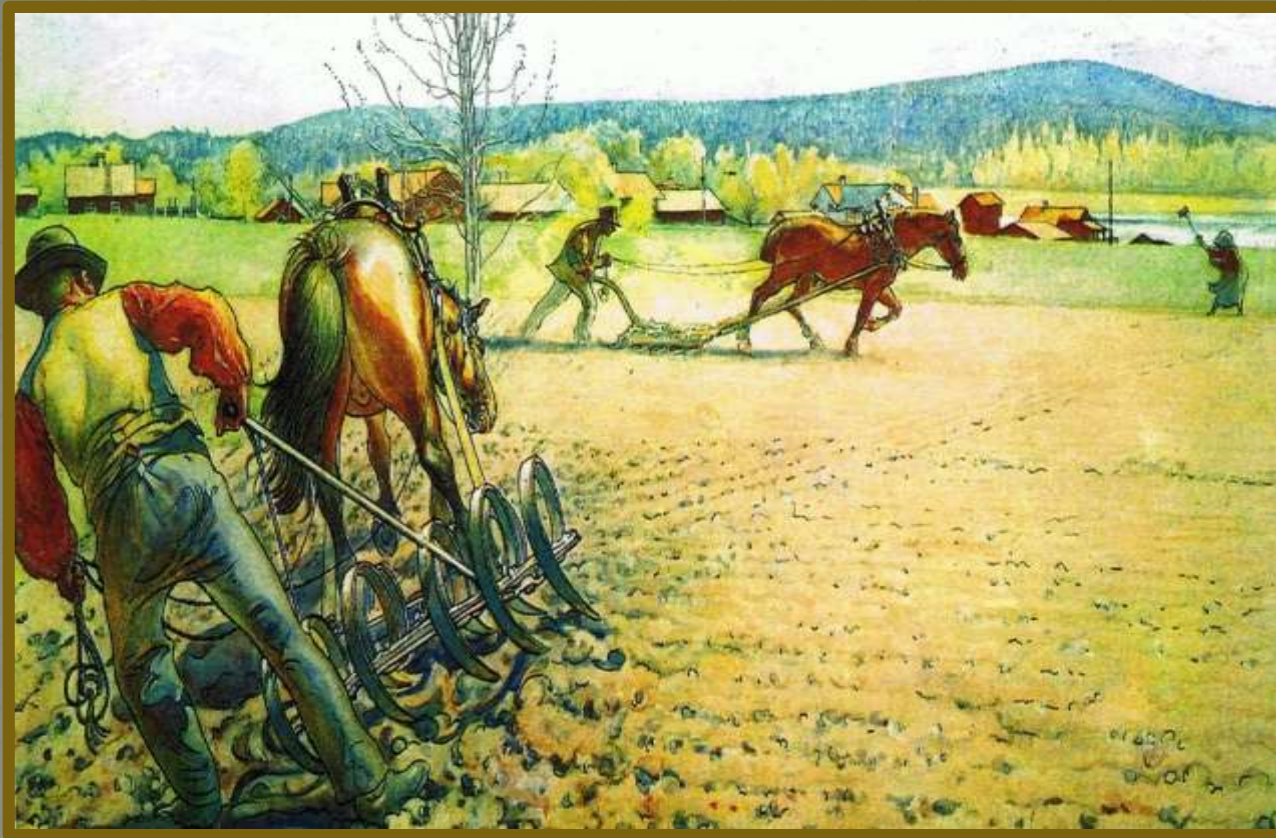
Manuring Fields

“Friday, February 21, 1851. Ox cart & horse cart employed until the afternoon carting out manure on old oat land, after which they were sent further on to sleep there....”



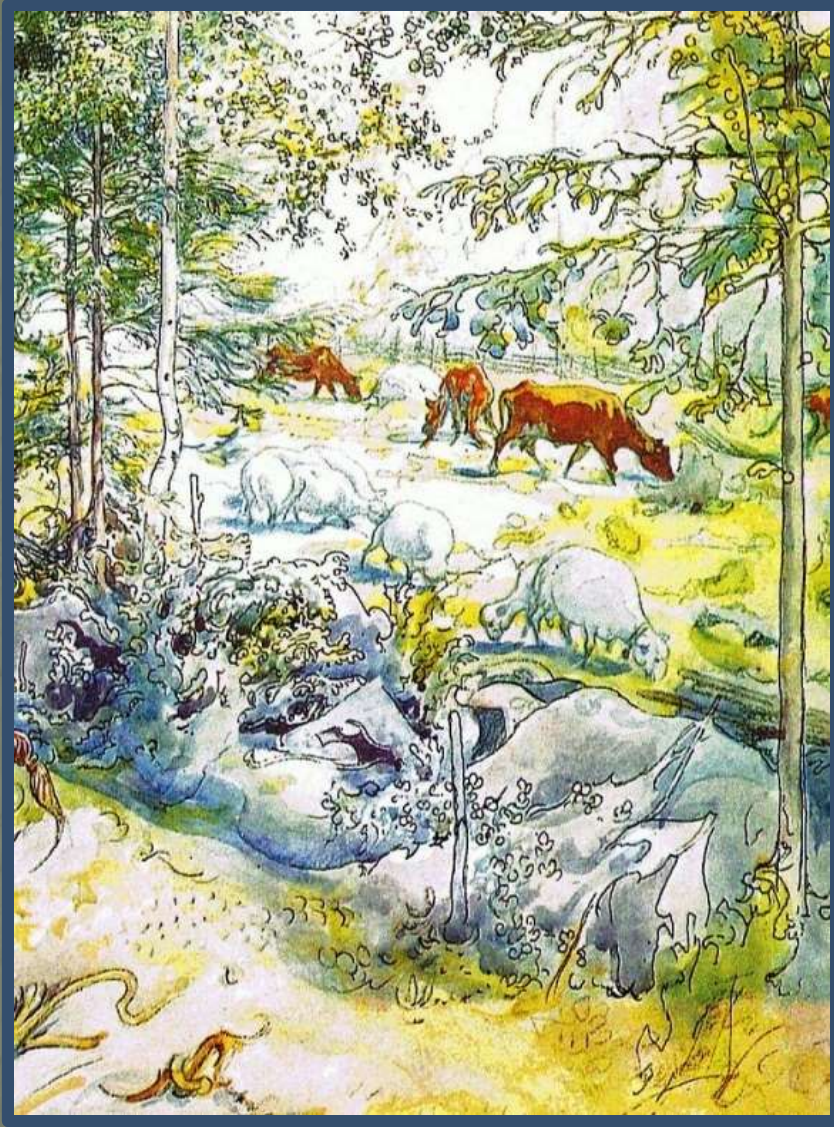
Broadcast Sowing

“Wednesday, March 12, 1851. Sowed 3 bushels pease & 2 of oats on the remainder of the old wheat field, and on what is ploughed of the potato land.”



Cultivating and Harrowing

“April 23, 1858. Five harrows [are] at work... ox wagon and the horse wagon returned. The potato gang were cutting seed potatoes and piling up dung near the barn and the stable.”



Pasturing Livestock

“Thursday, April 20, 1851. Rode round the rams & the two bands of ewes of this place, rams improving in appearance, ewes look excellent.”



Reaping and Bundling

“Friday, August 13, 1858. It was fine harvest weather. The hands were all employed in harvesting. We were at work from daylight to dark cutting oats this morning, wheat in the afternoon, in all we cut thirteen acres. The reaping machine works well.”



Picking Apples

*“Monday, September 22, 1851.
Gullion and Moar gathering apples
in garden, crop [is] seventeen
bushels. One horse team out after
beef three teams employed
carrying pickets for ox park. Trade
in Sale Shop good.”*



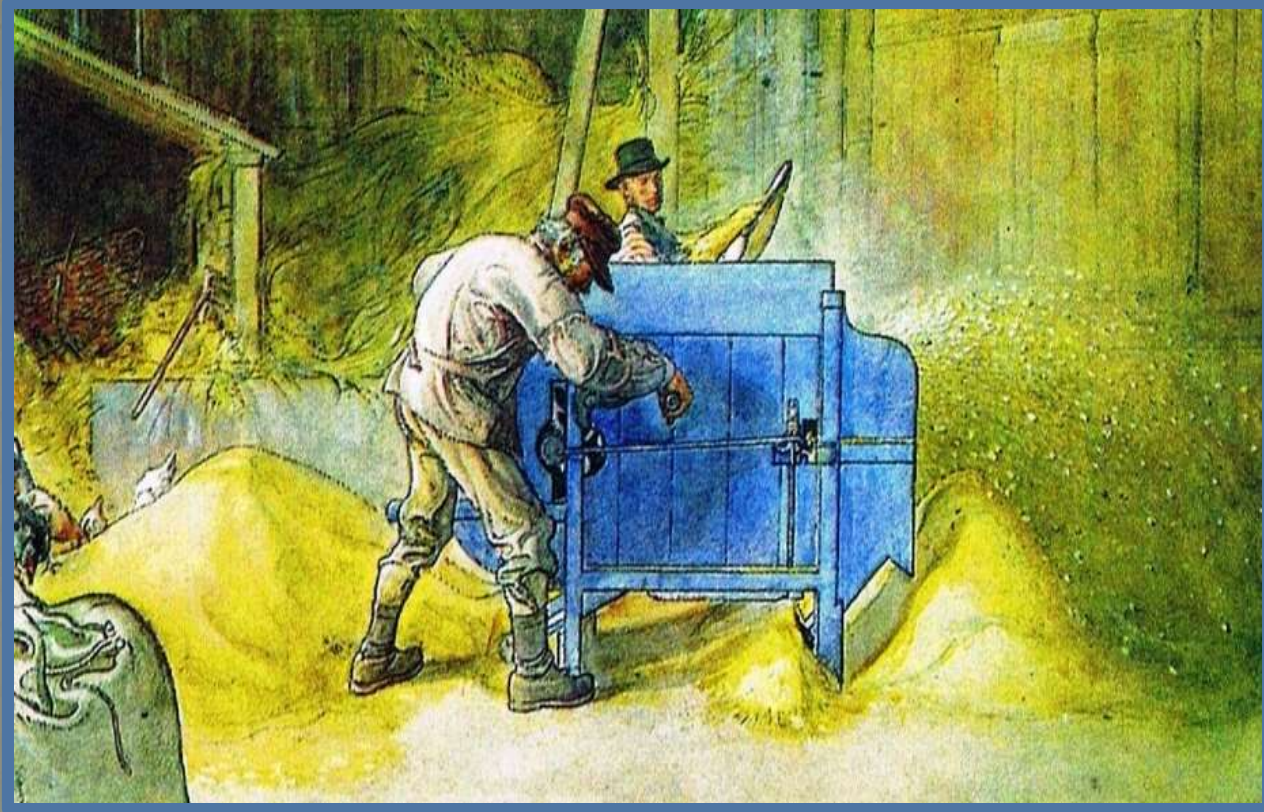
Digging Potatoes

“Thursday, October 8, 1846. McDonald with Indians treading out pease with horses. Indians taking up potatoes at the garden, of which 32 bushels of red, blue, and white were taken up.”



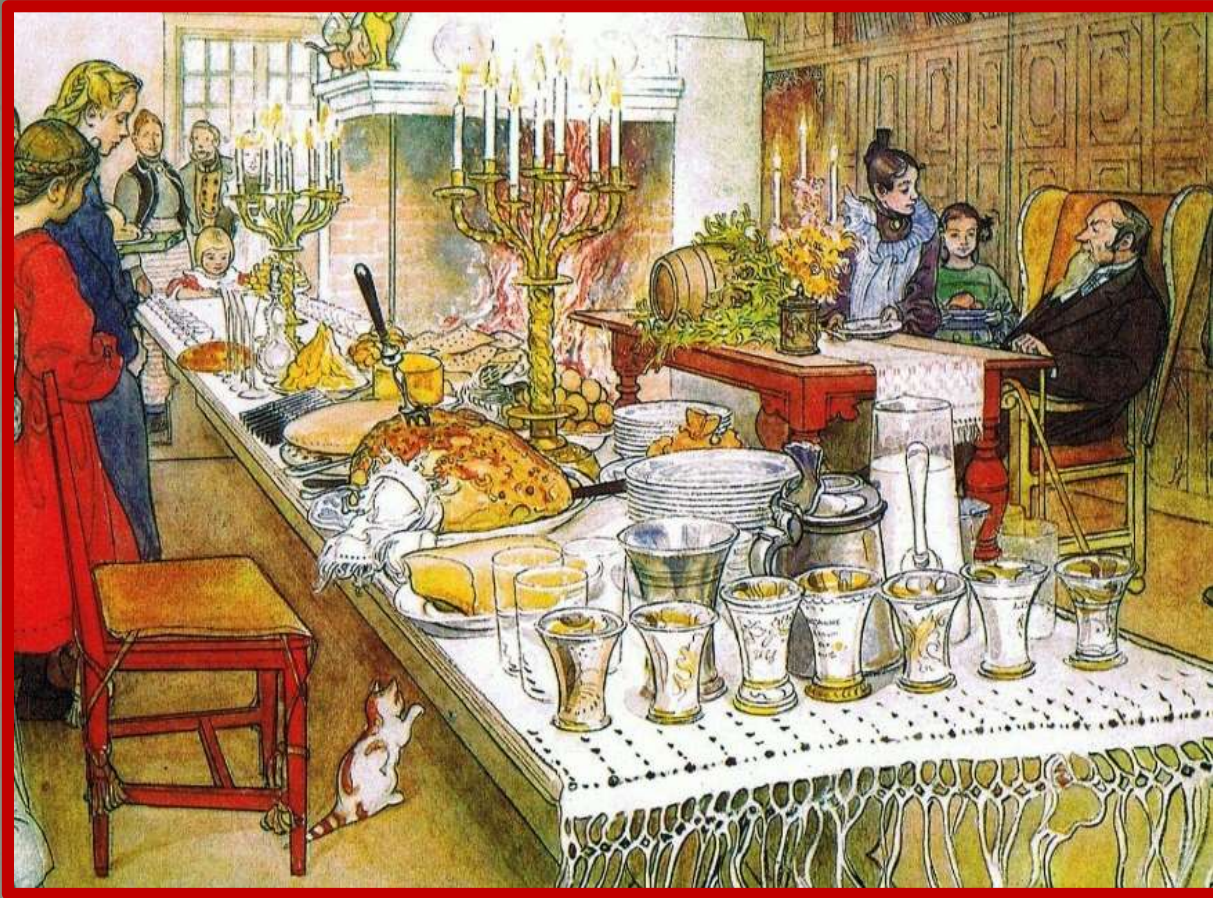
Threshing and Stacking

“Wednesday, November 16, 1858. Sent forty bushels of wheat to the mill and the horse team, also sent by the same team the cylinder of the thresher.. to get repaired. Legg remains tonight and returns with the flour tomorrow... Greig and the hands are winnowing wheat, repairing grain sacks, etc.”



Winnowing

“Wednesday, February 4, 1857. The hands are winnowing rye & sowed a portion of the same upon the company field.”



Feasting

“Friday, November 4, 1846. Gave all hands a holiday for Harvest Home, who enjoyed themselves in the evening by a merry dance at the store. A good many American officers and men attending.”



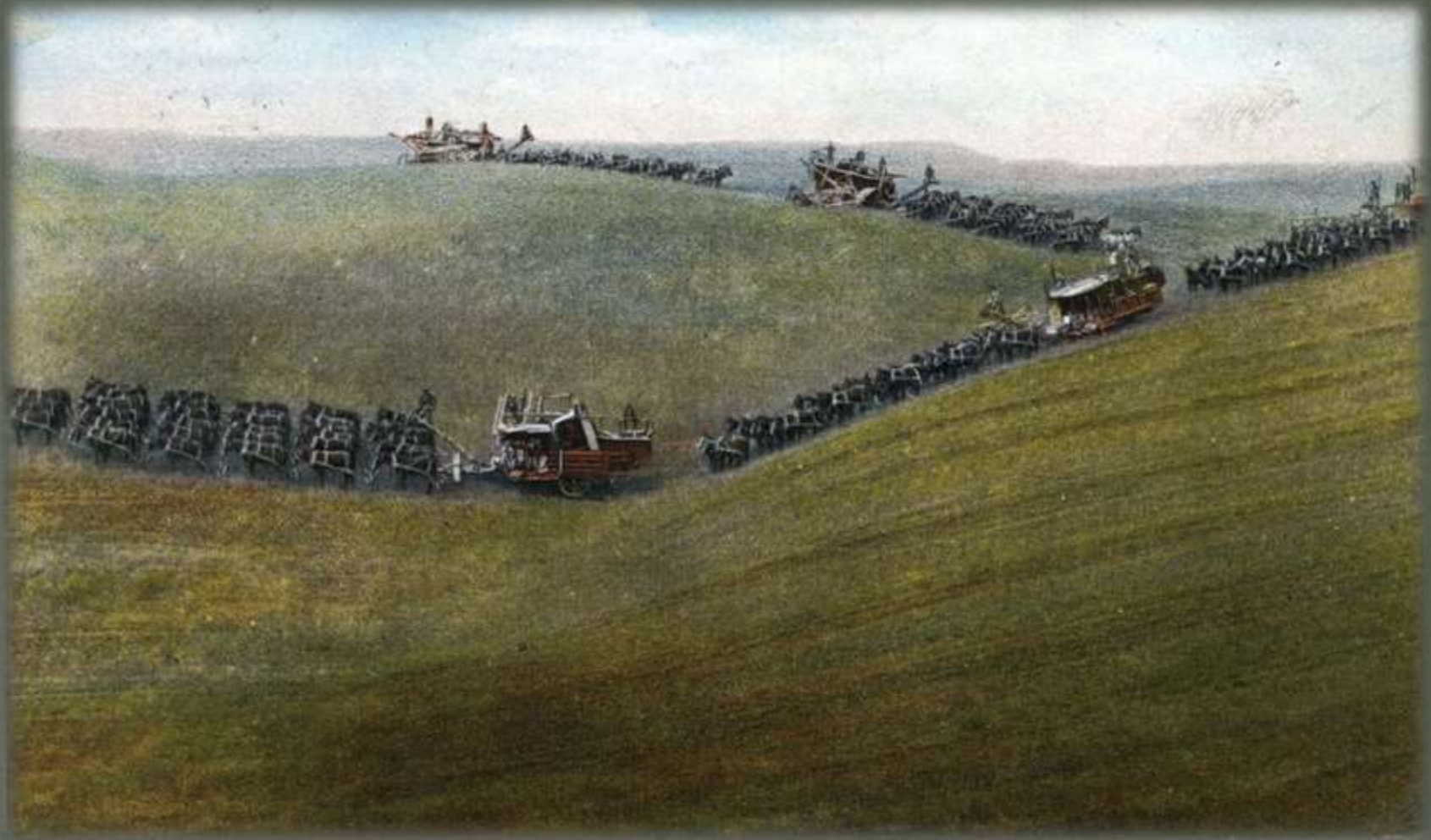
Ode to the Columbia Basin Threshermen

Crisp golden ear rubbed
in hands, ancient ways,

Wisp of breath and chaff
explodes, kernels
chewed.

All expectant judgment,
till one day...

Verdict soberly rendered:
Ready; and all hands to
harvest!



Drumheller Brothers 140-Mule Hitch

Dry Creek near Walla Walla, Washington, c. 1907

21st Century Heritage Grains Relevance

- Higher mineral levels than modern cultivars (esp. iron, magnesium, phosphorus, selenium)
- Fuller bran layer
- Significant genetic variation for disease resistance
- Distinct culinary attributes (e.g., English Lammas / French Touzelle / Spanish Sonora specialty flours)
- Ecotourism

Source: A. A. Jaradat, *Wheat Landraces: Genetic Resources for Sustenance and Sustainability* (USDA-ARS, 2011)



**GOLDEN BERE
HARVEST ALE
ESTATE SINGLE MALT**

*“Unfashionably authentic—
the brew that gave beer its name.”*

**Landrace Bere Barley
Heirloom Golding Hops**

RED PINE BREWERS





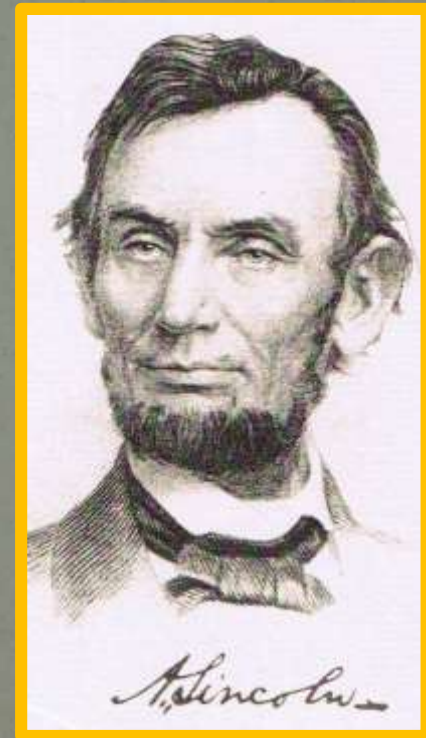
Scotch White Oats Harvest
The Northwest's Original
Variety

Finley Ranch
Inchelium, Washington
August 2013



**Lincoln White Oats
Field Trial (1890s
variety selection)**

**WSU Mt. Vernon
May 2013**





**First Lady Michelle Obama
2013 Lincoln Oat Trials at the
White House Test Garden
National “Let’s Move” School
Nutrition Initiative**



**Russian "Turkey" Red Wheat
America's Milling Transformation
(NB W. J. Spillman's remarks to millers.)**

**Colfax, Washington
August 2013**



French Touzelle Wheat Field Trial
King Louis XI Restorative at Tours, 1482

WSU/Mt. Vernon
August 2013



Yellow Sonora Wheat

*North America's Oldest Variety
(15th century New Spain to PNW)*

**Finley Ranch
Inchelium, Washington
August 2013**





**“Heirloom Hi-Tech”
Purple Egyptian Malt & Brew
Skagit Valley Malting Company**

Approaches to promote sustainable utilization of grain landraces

1. Raise public awareness of landrace current and future value.
2. Facilitate exchange of indigenous knowledge and history of landraces.
3. Feature grower efforts to perpetuate landrace and heirloom varieties.
4. Promote recipes and niche markets for landrace products.

Source: A. A. Jaradat, *Wheat Landraces: Genetic Resources for Sustenance and Sustainability* (USDA-ARS), 2011



1890s Hudson's Bay Company Cookbook editions include regional and ethnic recipes with heirloom grains:

Whole grain wheat & rye breads

Scotch oatmeal & French barley soups

Oat & buckwheat muffins and cakes

Oatmeal flummeries, and other desserts

Grain-based fruit beverages



New days again dawning for Columbia Plateau agriculture....

Harvest ★ Heritage

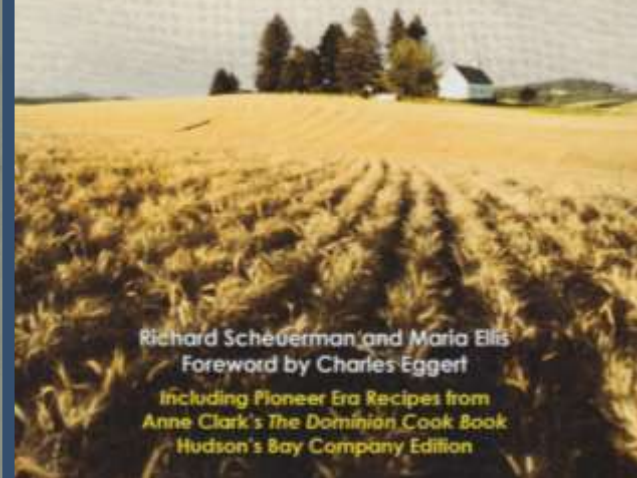
Agricultural Origins and Heirloom Crops
of the Pacific Northwest



Richard D. Scheuerman and Alexander C. McGregor
With color plates by John Clement

Harvest ★ Home

A Cookbook of Seasonal Grain Recipes
with Old and New World Culinary Lore
Soups and Stews • Breads and Beverages



Richard Scheuerman and Maria Ellis
Foreword by Charles Egger

Including Pioneer Era Recipes from
Anne Clark's *The Dominion Cook Book*
Hudson's Bay Company Edition

Pacific Northwest Agricultural Heritage Resources

Regional History, Recipes & Culinary
Lore, more to come....

HALLOWED HARVESTS
REAPERS AND GLEANERS
IN WESTERN ART, LITERATURE, AND ILLUSTRATION



Richard D. Scheuerman
Foreword by Alexander C. McGregor
Photography by John Clement



HARVEST HERITAGE

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