



# **Tasting the Grains of Washington's Early Economies**

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## **Historic Schmidt House**

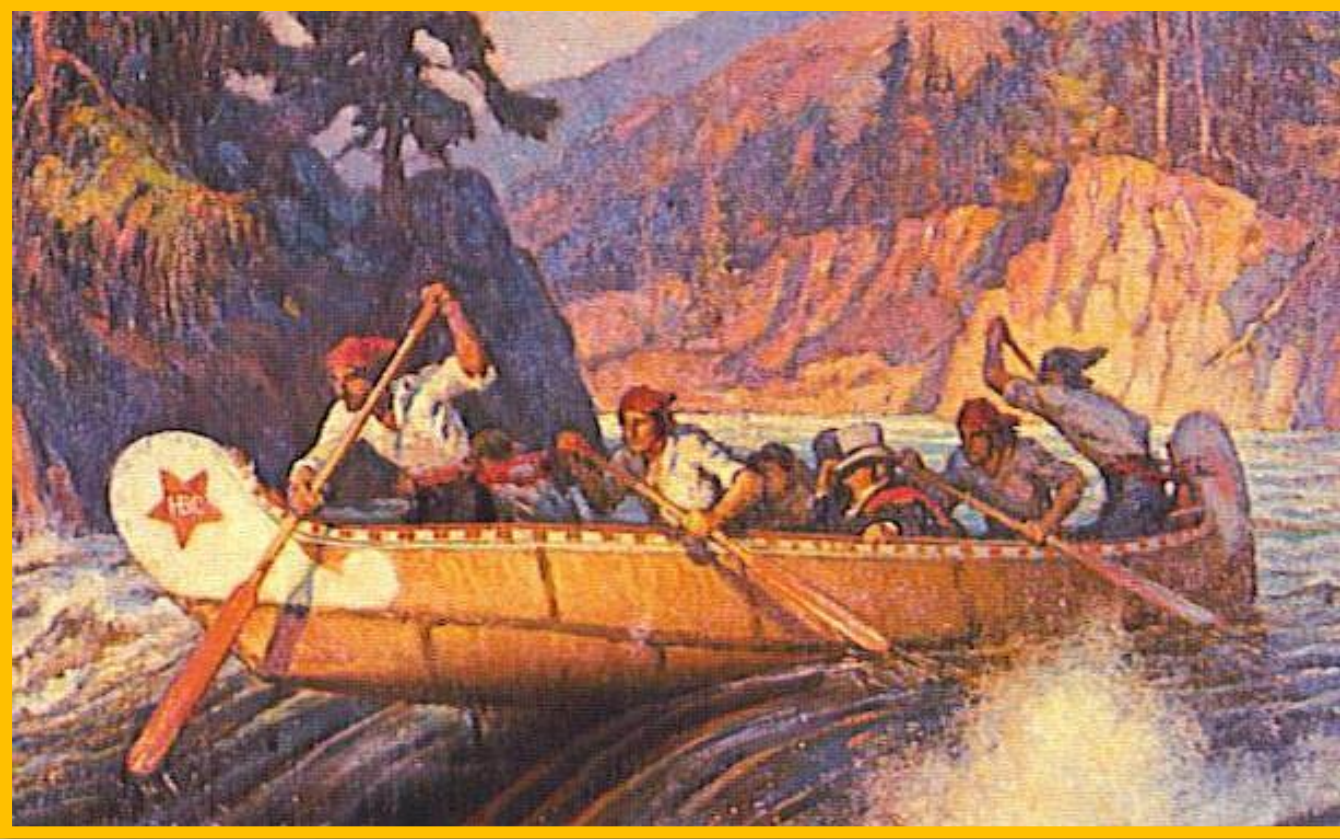
**2017 Cascadia Grains Conference**

**Richard Scheuerman**

**Palouse Colony Farm**

**[www.palouseheritage.com](http://www.palouseheritage.com)**

**Special Thanks to Aba Kiser, Kelly McLaughlin & Don Trospen**



## THE NORTHWEST FRONTIER ERA: 1820's-1850's

### 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 the lighten the Expence of the Trade..."*



## **Ft. Vancouver Heirloom Vegetable & Herb Garden**

Worcester Squash, Love Lies Bleeding Amaranth, Cannellini Beans



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

Ft. Vancouver (>1500 A)

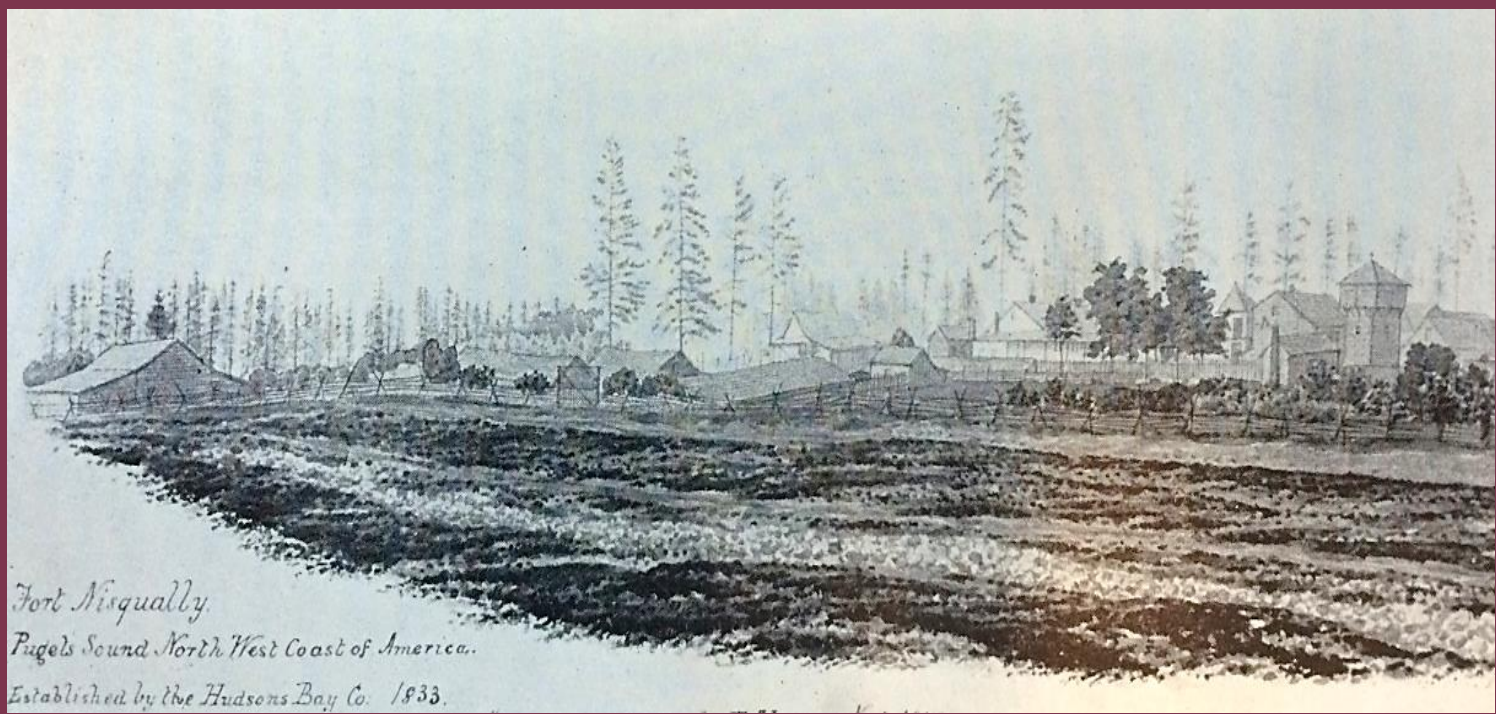
Ft. Colvile (~400 A)

Ft. Nisqually (~1200 A)

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

Ft. Walla Walla (30 A)

Left: Paul Gustin Mural, UW Library



*Fort Nisqually,  
Pigeb Sound North West Coast of America.  
Established by the Hudsons Bay Co. 1833.*

## **Fort Nisqually (c. 1850)**

**H. Hines, *An Illustrated History of the State of Washington*  
(1893)**



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**Raymond Yelland**

*Mt. Rainier from Spanaway Lake (c. 1880)*  
(Showing HBC Spanueh Farm)



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

Harvest Home Cakes  
Chop and blend & pound each Pecans  
Almonds crystallized cherries canned  
Pineapple and citron add & pound orange  
Peel 2 pounds of raisins and 1 cup grape  
juice mix well and let stand over night







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**PACIFIC NORTHWEST PIONEERING: 1860's – 1880's**  
**George Bush and Family at Bush Tumwater Farm (c. 1885)**  
**Washington State Historical Society**



Anne Clark's best-selling *Dominion Cook Book* appeared in a Hudson's Bay Company edition in the 1890s. Mrs. Clark credited the "valuable assistance" of friends in the British Isles, France, Germany, and the United States for contributing popular recipes of the era which also included selections influenced by Native American, Scandinavian, Russian, and Mediterranean cultures. Many ingredients reflect Western frontier associations—whole grains, Indian corn meal, huckleberries, and currants. Flavorings reflect ethnic preferences of the era for many selections like the flour, egg, and milk batters identified for English pancakes (lemon), French crepes (vanilla), Flemish (Belgian) waffles (nutmeg), and Spanish fritters (cinnamon).

**Red Fife Wheat Harvest**  
**Ft. Nisqually (2015)**

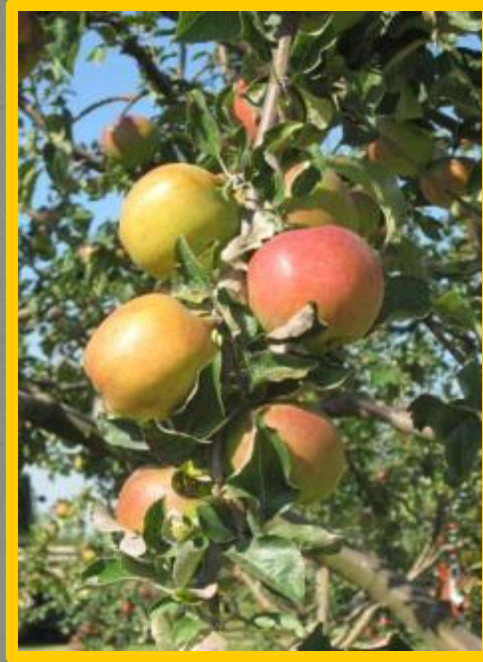




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**Pacific Bluestem Wheat**

**England > Australia > Pacific Northwest**



**19<sup>th</sup> Century Northwest Heirloom Fruits**  
**Black Currants, Tomkins King Apples, Bosc Pears**  
**Tlithlow Farm, JBLM near Parkland**



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**NORTHWEST AGRICULTURAL EXPANSION AND EXPORT:  
1890's - 1900's**  
**Red Russian (English Squarehead) Wheat, Whidbey Island**



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**Tacoma Grain Company Flour Mill, c. 1910**  
**Washington State Historical Society**

**Turkey Red  
(Crimean)Wheat**

**Palouse Colony Farm near  
Endicott, Washington**







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**Balfour-Guthrie “Mile-Long Grain Warehouse” (c. 1890)**  
**Remaining Center Structure**  
**Tacoma Maritime Museum**



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**NORTHWEST GRAIN FARMING IN THE MODERN ERA:  
1910's to present**  
**WSU-Mt. Vernon Heritage Grain Nursery**

## 21<sup>st</sup> 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

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

| <b>Wheat Genotype</b>                                     | <b>Mg</b>    | <b>Ca</b>  | <b>P</b>     | <b>S</b> | <b>K</b>     | <b>B</b>    | <b>Cu</b>   | <b>Se</b>   | <b>Fe</b>   |
|---|--------------|------------|--------------|----------|--------------|-------------|-------------|-------------|-------------|
| <b>Primitive Grains</b><br>(Einkorn, Emmer, Durum)        | 1,300        | 383        | 4,540        | 1,350    | <b>4,670</b> | <b>2.41</b> | <b>5.75</b> | 0.11        | 32.2        |
| <b>Landrace Wheats</b><br>(Red Browick, Olympia)          | 1,290        | <b>408</b> | 4,130        | 1,300    | 4,000        | 2.10        | 5.33        | 0.09        | <b>38.5</b> |
| <b>Older Variety Selections</b><br>(Ella, Diamont, Prins) | <b>1,330</b> | 358        | <b>4,670</b> | 1,310    | 4,050        | 1.59        | 5.27        | <b>0.18</b> | 35.8        |
| <b>Modern Hybrids</b><br>(Varieties released since 1970)  | 1,240        | 388        | 4,020        | 1,230    | 4,070        | 1.59        | 4.49        | 0.11        | 33.3        |

**MINERAL CONCENTRATIONS (mg/kg) AMONG WHEAT TYPES  
with Representative Varieties and Highest Values (in blue)**

Adapted from A. Hussain, H. Larsson, R. Kuktaite, and E. Johansson, "Mineral Composition of Organically Grown Wheat Genotypes" (2010)

**Eden Gold Wheat**

*A Hard White Landrace!*

**WSU-Mt. Vernon Greenhouse**

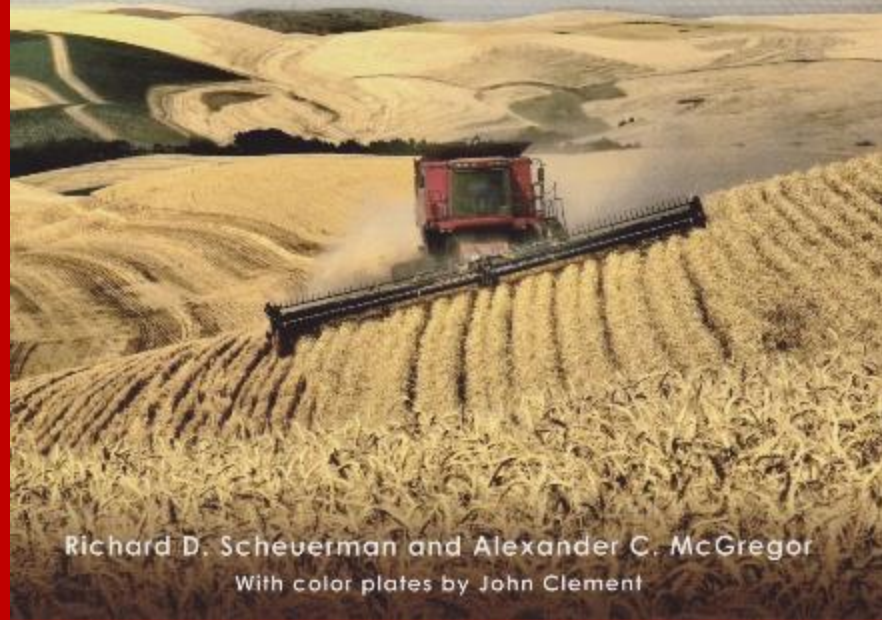




**Cowlitz Prairie  
Threshing Bee  
Toledo, Washington**

# Harvest ★ Heritage

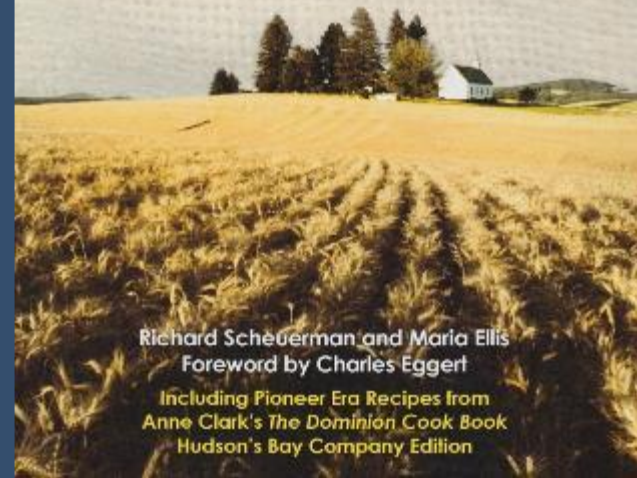
Agricultural Origins and Heirloom Crops  
of the Pacific Northwest



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**  
**Photography by John Clement**





**Palouse Colony Farm near Endicott, Washington**

**[www.palouseheritage.com](http://www.palouseheritage.com)**

“Progressive change to promote the wellbeing of the land and future generations can be unwisely limited by amnesia as well as nostalgia. Amnesia is to forget about cultural legacies bequeathed by ancestors and society, and nostalgic appeals to life in some halcyon past often overlook the challenges of such times. *But memory is a critical discipline.* We remember places, mark Scriptures, and appropriate elders’ counsel for synergy and solidarity today in order to foster human flourishing and stewardship of resources for tomorrow.”