



Plimoth Grist Mill

**Re-Growing a
Local Grain
Economy**





- Plimoth
Plantation
Museum Site

--and--

- Production
Facility







Getting Products Ready for Sale



Grain Sourcing

Variety	Source	Local or regional	Heritage	Certified Organic	Taste
Rhode Island White Cap Flint Corn	Harry Here Farm, Exeter RI	X	X		X
Plimoth 8-Row Flint Corn	Lazy Acres Farm, North Hadley MA	X	X		X
Hopi Blue Corn	Heartland Mills, Kansas		X	X	X
Nothstine Dent Corn	Lazy Acres Farm, North Hadley MA	X	X		X
Yellow Dent Corn	Champlain Valley Milling			X	X
Rye	Four Star Farms	X			X
Red Lammas Wheat	Lazy Acres Farm, North Hadley, MA	X	X		X



Re-growing a Local Grain Economy

For thousands of years, our ancestors across the world participated in local grain economies. Farmers grew grain; millers converted it to usable forms; and artisans such as bakers and brewers transformed it into products that nourished their communities.

Today, the vast majority of American corn is grown in the Midwest. It is then milled in a process that removes the bran and germ and, along with it, much of the grain's flavor and nutrients. This industrial process also removes us, as consumers, from the origins of one of our most basic foods.

Today, there is a growing movement to localize grain production and rebuild local grain economies. The Plimoth Grist Mill is proud to be a part of this movement in southeastern Massachusetts. In addition to milling grains that are grown locally or regionally (and organically, when possible), we are also committed to milling heritage varieties in danger of being lost.

When you buy a Plimoth Grist Mill grain product, you, too, can be part of this movement to eat better, support local farmers and preserve heirloom grains.

Check out the chart below to see how we fit into our local grain economy!



Our Grain Economy



A GRAIN GATHERING



Growing a Massachusetts Grain Economy

SATURDAY, MARCH 11 | 1-3 P.M.
PLIMOTH GRIST MILL
6 SPRING LANE, PLYMOUTH, MA
(park in the lot adjacent to the Mill)

Tour the Plimoth Grist Mill, sample 100% locally-grown bread and other goodies, and help to place a worthy bread basket on the Farm-to-table food movement.

KEYNOTE

TRISTAN NOYES *Executive Director,
The Maine Grain Alliance*

FARMERS

NOAH KELLERMAN *Alprilla Farm, Essex, MA*
BILL BRAUN *Ivory Silo Farm and Seed Project,
Westport, MA*
BEN WOLBACH *Skinny Dip Farm,
Westport, MA*

MILLERS

KIM VANWORMER and **MATT TAVARES**
Plimoth Grist Mill, Plymouth, MA

USERS

JONATHAN STEVENS *Baker, Hungry Ghost
Breads, Northampton, MA*
BRENTON MACKECHNIE *Distiller,
Dirty Water Distillery, Plymouth, MA*
PAUL NIXON *Brewer, Independent
Fermentations, Plymouth, MA*
MICHAEL MORWAY *Executive Chef, Granite
Links Golf Club, Quincy, MA*

**FARMERS, MILLERS, BAKERS,
CHEFS, MALTSTERS, BREWERS,
and DISTILLERS**

You are invited to the first state-wide grain gathering in the 21st Century!

There are already half a dozen producers, processors and value-adding food visionaries out there, from the Cape to the Berkshires, harvesting and offering wheat, rye, spelt, corn and oats. Come hear presentations from them and meet others who want to join in. We are calling on you to support, bolster, enlarge, propagate and otherwise help grow the resurgent local grain economy in Massachusetts.

The gathering is free, but space is limited. To save your spot, register at semaponline.org/graingathering

This project is a collaboration between Plimoth Plantation and the Plimoth Grist Mill, SEMAP (Southeastern Mass Agricultural Partnership) and Hungry Ghost Bread.

LOCAL LIBATIONS

While you're in town, sample some delicious adult beverages made with local & regional grains.

DIRTY WATER DISTILLERY *is a short walk from the Mill and has tours and tastings until 6pm.*
INDEPENDENT FERMENTATIONS *is a 5 minute drive (near exit 5 off of Route 3). Their tasting room will be open until 7pm.*



Grain Gathering 2017



Where did Corn Come From?

Corn is one of the world's most important crops.

Originating in South and Central America over six thousand years ago, corn is now grown around the world. Along with wheat and rice, corn provides most of the energy in the human diet. Scientists believe that corn is a descendent of the Mexican grass teosinte, but they do not know how ancient Native farmers transformed the small teosinte ear into the now familiar ear of corn. The oldest corn fossils are roughly one inch in size and hold about ten kernels. In 17th-century New England, corn was one of the most important trade goods in Native and Colonial economic exchanges.

Nature hath delighted it selfe to beautify this Corne with great Variety of Colours, the White, and the Yellow being most common, being such a yellow as is between Straw Colour, and a pale yellow; there are also of very many other Colours, as Red, Yellow, Blew, Olive Colour, and Greenish, and some very black and some of Intermediate degrees of such Colours, also many sorts of mixt colours and speckled or striped.

JOHN WINTHROP JR.

Types of Corn

FLINT CORN (Indian Corn) has hard kernels and can come in a variety of colors. This was the type of corn grown by the Wampanoag and the Pilgrims. Today it is grown to feed people and livestock, and is often used as autumn decorations on doors and tables.

DENT CORN is chiefly used for processed foods, livestock feed and industrial products. It gets its name from a distinctive dent on the top of mature kernels. Dent corn is the most common corn in North America.

FLOUR CORN is one of the oldest types of corn. Grown through-out South and Central America, it is starchy and easily pounded into flour.

SWEET CORN is a soft, yellow or white corn that is popular for eating on the cob. Sweet corn chiefly grows in southern Canada and the northeastern parts of the United States.

POPCORN is one of the oldest types of corn and has been grown for thousands of years. It has an extremely hard kernel with a soft, moist starchy core that pops when heated and releases a fluffy center.

WAXY CORN gets its name from the waxy appearance of its hull. It is especially starchy and is used as a thickener for puddings, gravies and sauces as well as glue.

Thoughts.....

- PLAY TO YOUR STRENGTHS
- OR





Thoughts.....

- MAKE CONNECTIONS
- OR
- TELL A STORY, LISTEN TO A STORY



Thoughts.....

- BE INCLUSIVE
- OR
- INVITE EVERYONE



Corn originally came from the Americas, but is grown all over the world today!



What do you call
CORN where you come
from?

Sel'u - Cherokee
Patuxet - Corn - English
Wompoag (Plymouth) - Weachinin
Arabic dhara-öj
(SHUK MED) Cantonese
Sü mī Mandarin
MAKKA - MARATHI
HINDI
MAIZ - SPANISH
MAIS (FRANCE)
玉米 - Japanese
BAP (VIETNAMESE)
MILHO - PORTUGUES

