



# THE KAMUT® BRAND KHORASAN WHEAT REPORT



## January, 2011 (1<sup>st</sup> Quarter)

### Breakthrough in KAMUT® Brand Research

Kamut International has just completed Phase 1 of an antioxidant evaluation on KAMUT® Brand khorasan wheat. The study, published in *Frontiers of Bioscience*, January 2011, was conducted by researchers at the Department of Food Sciences and the Department of Biochemistry, at the University of Bologna in Italy, to compare the antioxidant properties of modern wheat to an ancient grain, like KAMUT® Brand wheat.

“For 25 years we have gathered testimonials from people with sensitivities to modern wheat, who claim they feel better when they eat KAMUT® Brand Wheat. In recent years Kamut International has made a substantial financial commitment to study the mode of action of this phenomenon,” stated Bob Quinn, Founder of Kamut International, “This published study represents the first of many, which we believe will eventually result in a scientific explanation of these testimonials. In this initial paper, however, we focused on a nutritional property which has significant implications for everyone.”

The researchers evaluated and compared the antioxidant effect of whole grain modern durum wheat bread and whole grain ancient KAMUT® khorasan bread in rats. Total polyphenols and in particular selenium, were significantly higher in the two KAMUT® Brand wheat breads than the whole grain durum wheat bread.

After feeding these different breads to rats for seven weeks, rats were submitted to an exogenous oxidative stress. The rats fed the KAMUT® breads were better able to overcome the induced oxidative stress than those fed the modern durum bread. Those fed the Sourdough KAMUT® Brand bread fared best of all. The reduced risk of chronic diseases related to whole grain consumption is attributed in part to their high antioxidant

content.

The research is on-going, evaluating in the rat liver the mechanisms related to the higher protective activity of ancient KAMUT® khorasan wheat. This research study represents an important step for the explanation of the positive effects of ancient KAMUT® khorasan wheat. Results will be summarized on [www.kamut.com](http://www.kamut.com), or you can visit the Frontiers in BioScience website at: [www.bioscience.org](http://www.bioscience.org).

### **Farmer's Dinner**

The soul and success of our program at Kamut International centers around our growers who produce KAMUT® Brand khorasan wheat. Kamut International's 12th annual Farmer's Dinner in Regina, SK was a time for learning about trends and new markets, better understanding promotional efforts, and catching up with friends and colleagues. This year's meetings included discussions about the 2010 crop, a market update, the Non-GMO project, and introductions of new employees. KAMUT® Brand wheat has generated great momentum this past year, and we are looking forward to a bright future.

Our guest speaker, Chantal Jacobs, a Provincial Specialist of Organic Crop Production in the Ministry of Agriculture, discussed in detail the topic of organic weed and soil management. She has worked closely with organic farmers to help identify and work on relevant issues, and to provide updates and information on the latest research results.

After a delicious meal, totally organic for the first time featuring three different KAMUT® brand dishes, Bob Quinn gave an update of the results of nutritional research for the past year. Next, we recognized both 1st year growers and ones that have been with us 5, 10 and even 15 years! Then came the favorite part of the evening...AWARDS! Ken Hasset, 2009 KAMUT® Cup Award Winner, delivered a humorous speech before graciously passing on the award to Bill & Brad Nicolay of Bengough, SK who also received an electric flour mill for home use. One of the KAMUT cup runners up was Roy Benjamin of Shelby, MT who received a hand crank flour mill for his prize. Other award winners include: Highest Protein at 15.8% - Mark Niemegeers of Radville, SK; Highest Test Weight at 62 pounds/bushel – Carl Eidsness of Reserve, MT (who was the other KAMUT® cup runner up); Highest Yield at 32.9 bushels/acre – Richard Nicholson of Chinook, MT; and Lowest Dockage and Broken Kernels Combination at 0.8% - Deb and Doyle Kemp of Bengough, SK.

Thanks to all our growers who participated in this January 14th event, we appreciate you all!

### **Spotlight a Manufacturer---KING ARTHUR FLOUR**

Sustaining a successful and innovative business for 220 years, King Arthur Flour has earned the title of America's oldest flour company. The company started in Boston in 1790 as a regional staple and has expanded

to a nationally recognized and well-liked brand based in Norwich, Vermont. The business has grown from a mail-order structure of only five employees to more than 160 employees. Today, the business is 100 percent employee-owned; a transition from five generations as a family-owned operation.

King Arthur Flour has worked hard to provide the highest quality products, serve as a premier baking resource, and educate the baking industry. King Arthur Flour is one of America's best-selling flours, known by avid bakers for its consistent baking performance and lack of chemical additives.

KAMUT® Brand wheat has been added to King Arthur's flour portfolio and is prized by bakers for its delicious taste. Additionally, King Arthur offers a 6-Grain Yeast Bread Mix containing KAMUT® as well as a blend of 6-grain flakes. A variety of King Arthur's unbleached flours and additive and preservative-free baking mixes is sold in supermarkets nationwide. More information and a complete roundup of King Arthur Flour's baking resources are available at [kingarthurfour.com/flours](http://kingarthurfour.com/flours). King Arthur Flour's mail-order catalogue offers more than 1,000 professional-grade baking tools and ingredients, available online at [kingarthurfour.com](http://kingarthurfour.com) and at The Baker's Store in Norwich, Vermont.

Thank you King Arthur for your support!

### **Upcoming Events:**

31 January to 2 February--Whole Grains Conference, Portland, Oregon.  
[www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

16-19 February—BioFach Show, Nuremberg, Germany. Booth 6-140. [www.biofach.de](http://www.biofach.de)

11-13 March—Natural Products Expo West, Anaheim, CA. Booth 2518. [www.expowest.com](http://www.expowest.com)

3 – 4 April—Natural and Organic Products Europe, London, England. [www.naturalproducts.co.uk](http://www.naturalproducts.co.uk)

15-17 April—Canadian Health Food Association Expo West, Vancouver, BC. [www.chfa.ca](http://www.chfa.ca)

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