

What the heck is Kamut®?

Looking for a grain high in protein, high in energy and rich in minerals and antioxidants? Look no further than Kamut®. Kamut® is a Brand of khorasan wheat. It is a close relative to durum wheat about the same shape as a wheat seed but a Kamut® kernel is more than twice as big. Even though Kamut® is very closely related to wheat, many people who are wheat intolerant can eat Kamut® with no problems.

Kamut® was grown thousands of years ago, likely of Egyptian or Asian origin. It eluded the decades of genetic modification of grains in the US in the later 20th century. It came to the US from a young Montana man while stationed in the Air Force in Portugal. He purchased 36 kernels of the grain, being told it came from the pyramids of Egypt. The young man mailed the kernels home to his wheat-farmer dad who planted them. This unusual, large kernelled wheat was shown at the county fair and was called "King Tut's Wheat." The grain never really caught on at that time and the farmer ended up feeding it to his cattle.

Several years later, Bob Quinn (Future founder and president of Kamut® International), obtained a sample of the Kamut® grain, and spent the next ten years growing it, and gleaned information about its origins. In 1986, the grain was presented at the Natural Products Expo. At the time, 1.5 acres of Kamut® were seeded. Quinn registered this special ancient wheat under the trademarked name Kamut® grain, in the early 1990s. Kamut® had significant growth in the 1990's and, today, over 45,000 acres are grown in North America. Kamut® is presently used in thousands of products produced worldwide including breads, pasta, cereals, snacks, pastries, crackers, beer, and grain coffee. It is used in a few of our muesli's including [Athlete Fuel](#), [Classic Swiss](#), and [POW](#).

In order to bear the Kamut® trademark, Kamut® International has created these strict standards to maintain its integrity:

1. Be the ancient khorasan variety of wheat
2. Be grown only as a certified organic grain
3. Have a protein range of 12 – 18%.
4. Be 99% free of contaminating varieties of modern wheat.
5. Be 98% free of all signs of disease.
6. Contain between 400 and 1000 ppb of selenium
7. Not be used in products in which the name is deceptive or misleading as to the content percentage
8. Not be mixed with modern wheat in pasta

More information is available at <http://www.kamut.com> **Ian Szalinski**