

FOR IMMEDIATE RELEASE

**KAMUT INTERNATIONAL HOSTS BOOK SIGNING WITH  
AUTHORS OF *GRAIN MAINS*, AT NATURAL PRODUCTS EXPO EAST  
BOOTH# 2509**

**Big Sandy, MT, August 2012** – Kamut International is proud to announce they will be hosting a book signing with Bruce Weinstein and Mark Scarbrough for their latest book ***Grain Mains: 101 Surprising and Satisfying Whole Grain Recipes for Every meal of the Day***. This is the twenty-first cookbook to come from Bruce and Mark and they're excited to highlight wholesome grains, including KAMUT® Brand wheat, in unique and surprising recipes.

The book signing will take place at **the Kamut International booth, #2509, on Friday, September 21<sup>st</sup>, 1:00-2:00pm**. Kamut International will be giving away books to the first 50 people to come to the booth to meet the authors.

"We've been fans of KAMUT® Brand wheat for some time now and, like all of the grains included throughout the book, have found it to be such a healthy and filling ancient grain that can be used in so many ways that people haven't thought of prior to now," commented Mark Scarbrough, *Grain Mains* author.

In the Introduction of the book, the authors note that there is "good news—and then more" when looking at why to do a book on whole grains, including: helping keep the pounds off, keeping the heart in fighting shape and cutting the risk of type 2 diabetes. They go on to explain that whole grains are very versatile, with a range of texture and flavor, as well as a gourmet ingredient that actually won't break the bank.

Of the 101 recipes in the book, some of the recipes with KAMUT® Brand khorasan wheat include:

- Deconstructed KAMUT® Wheat Caesar Salad
- KAMUT® Wheat and Beef Chili
- KAMUT® Wheat Burgers with Shallots, Pecans and Lemon Zest
- KAMUT® Wheat Salad with Cauliflower, Olives and Raisins
- Louisiana-Inspired Red Beans and KAMUT® Wheat
- Breakfast Polenta Cake with KAMUT® Wheat Crunch Topping

*Grain Mains* is being released by Rodale August 2012, meaning those at Expo East will be some of the first to see the book and meet the authors to discuss why KAMUT® Brand wheat was one of their top picks for recipes. For more information, to receive a press copy of ***Grain Mains: 101 Surprising and Satisfying Whole Grain Recipes for Every meal of the Day***, or set up an interview with the authors, please contact Leesa Raab, [Leesa@adinfinityny.com](mailto:Leesa@adinfinityny.com), 212.693.2105 x314

**About KAMUT® Brand Khorasan Wheat**

The mission of Kamut International is to promote organic agriculture and support organic farmers, to increase diversity of crops and diets, and to protect the heritage of a high quality, delicious ancient grain for the benefit of this and future generations. KAMUT® is a trademark of Kamut International which guarantees high quality standards that are verified by tests from every field.

