

Spelt

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Spelt (Triticum spelta), also known as dinkel wheat is a species of wheat. It is a relict crop, eaten in Central Europe and northern Spain. It is high in protein and may be considered a health food.

Spelt was cultivated from the Neolithic period onward. It was a staple food in parts of Europe from the Bronze Age to the Middle Ages. It is used in baking, and is made into bread, pasta, and beer.

It is sometimes considered a subspecies of the closely related common wheat (T. aestivum), in which case its botanical name is considered to be Triticum aestivum subsp. spelta. It is a hexaploid, most likely a hybrid of wheat and emmer.

List of breads

the lactic acid produced by the lactobacilli. Spelt bread Yeast bread Georgia Armenia Made mainly with spelt flour or coarse meal. Sprouted bread Sprouted

This is a list of notable baked or steamed bread varieties. This list does not include cakes, pastries, or fried dough foods, which are listed in separate Wikipedia articles. It also does not list foods in which bread is an ingredient which is processed further before serving.

Yogh

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The letter yogh (ȝogh) (ȝ ȝ; Scots: yoch; Middle English: ȝogh) is a Latin script letter that was used in Middle English and Older Scots, representing y (/j/) and various velar phonemes. It descends from the Insular G, the form of the letter g in the medieval Insular script, ȝ.

In Middle English writing, tailed z came to be indistinguishable from yogh.

In Middle Scots, the character yogh became confused with a cursive z and the early Scots printers often used z when yogh was not available in their fonts. Consequently, some Modern Scots words have a z in place of a yogh—the common surname Menzies was originally written Menȝies (pronounced mingis).

Yogh is shaped similarly to the Cyrillic letter ѣ and the Arabic numeral 3, which are sometimes substituted for the character in online reference works. There is some confusion about the letter in the literature, as the English language was far from standardised at the time. Capital ȝ is represented in Unicode by code point U+021C ȝ LATIN CAPITAL LETTER YOGH, and lower case ȝ by code point U+021D ȝ LATIN SMALL LETTER YOGH.

List of English words that may be spelled with a ligature

This list of words that may be spelled with a ligature in English encompasses words which have letters that may, in modern usage, either be rendered as

This list of words that may be spelled with a ligature in English encompasses words which have letters that may, in modern usage, either be rendered as two distinct letters or as a single, combined letter. This includes AE being rendered as Æ and OE being rendered as Œ.

Until the early twentieth century, the œ and æ ligatures had been commonly used to indicate an etymological connection with Latin or Greek. Since then they have fallen out of fashion almost completely and are now only used occasionally. They are more commonly used for the names of historical people, to evoke archaism, or in literal quotations of historical sources. These ligatures are proper letters in some Scandinavian languages, and so are used to render names from those languages, and likewise names from Old English. Some American spellings replace ligatured vowels with a single letter; for example, gynæcology or gynaecology is spelled gynecology.

The fl and fi ligatures, among others, are still commonly used to render modern text in fine typography. Page-layout programs such as QuarkXPress and Adobe InDesign can be configured to automatically replace the individual characters with the appropriate ligatures. However this is a typographic feature and not part of the spelling.

Adriaen van der Spelt

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Grünkern

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Grünkern (German pronunciation: [ˈɡʁʏnˌkɛʁn], 'green kernel') is spelt that has been harvested when half ripe and then artificially dried. Grünkern is traditionally produced in the Bauland region in the north-east of Baden-Württemberg (Germany). In response to periods of adverse weather, which destroyed crops, spelt was harvested before it was completely ripe, during the so-called 'dough-ripe phase', at about 50% moisture content. Because the dried kernels exhibited a pleasing flavor when cooked in water, it became traditional to harvest a portion of the spelt crop as Grünkern.

As a winter crop, the spelt meant for Grünkern would be harvested at the end of July and subsequently dehydrated, traditionally over a beechwood fire, or in modern times, in heated-air ovens. This preserves the Grünkern (by reducing moisture content to 13%) and endows it with its typical taste and aroma. Before further processing, Grünkern must be husked or milled. Grünkern husk has been used as a cattle feed, or as the filler for small pillows which are meant to promote healthy sleep.

The first attested use of Grünkern was in southern Germany, (Amorbach), in 1660. Grünkern was added to soups, and was dried by using the residual heat of bakehouses.

The primary harvesting period at the end of July is also seen in old folk proverbs, such as:

Christine, Jagowi, Sankt Anne is Ern! / Schneid't mer kee Korn, / so schneid't mer doch Keern.

Christine, James, Saint Anne means harvest time! / If we don't reap wheat, / we reap Grünkern.

Shomu Mukherjee

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Wheat

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Wheat is a group of wild and domesticated grasses of the genus *Triticum* (). They are cultivated for their cereal grains, which are staple foods around the world. Well-known wheat species and hybrids include the most widely grown common wheat (*T. aestivum*), spelt, durum, emmer, einkorn, and Khorasan or Kamut. The archaeological record suggests that wheat was first cultivated in the regions of the Fertile Crescent around 9600 BC.

Wheat is grown on a larger area of land than any other food crop (220.7 million hectares or 545 million acres in 2021). World trade in wheat is greater than that of all other crops combined. In 2021, world wheat production was 771 million tonnes (850 million short tons), making it the second most-produced cereal after maize (known as corn in North America and Australia; wheat is often called corn in countries including Britain). Since 1960, world production of wheat and other grain crops has tripled and is expected to grow further through the middle of the 21st century. Global demand for wheat is increasing because of the usefulness of gluten to the food industry.

Wheat is an important source of carbohydrates. Globally, it is the leading source of vegetable proteins in human food, having a protein content of about 13%, which is relatively high compared to other major cereals but relatively low in protein quality (supplying essential amino acids). When eaten as the whole grain, wheat is a source of multiple nutrients and dietary fibre. In a small part of the general population, gluten – which comprises most of the protein in wheat – can trigger coeliac disease, noncoeliac gluten sensitivity, gluten ataxia, and dermatitis herpetiformis.

Farro

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Farro () is a grain of any of three species of hulled wheat, namely einkorn, emmer, or spelt, sold dried and cooked in water until soft. It is used as a side dish and added to salads, soups and stews.

How Love Is Spelt

How Love is Spelt is a 2005 play written by Chloe Moss. It was first produced at the Bush Theatre in London and is available in print from Nick Hern Books

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