

# Lighter, more digestible results, naturally



## Grano Antico Saragolla: An ancient tradition, reborn.

Saragolla durum wheat is an ancient variety that has been grown in the South of Italy for centuries. Working with a dedicated group of expert farmers in the Oltrepò Pavese region, Molini di Voghera has breathed new life into this tradition. Milling the grain slowly, to avoid damaging the starch, we obtain a flour that is rich in plant proteins but naturally low in gluten, which in turn means the final results will be noticeably lighter and gentler on the stomach.

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# Farina di Grano Antico Saragolla



Relatively unknown today, **Saragolla** wheat is an ancient variety that is only grown by a handful of farmers in Italy. Those that do come across it are struck by its similarity to another flour which is very much in vogue with contemporary cooks (one that is also derived from the Khorasan variety of wheat, with whom it shares an initial).

Khorasan is actually a specific variety of wheat. It has a protein content of between 12 and 18%, and is rich in **selenium, magnesium and zinc**. The gluten in Khorasan, however, is relatively unstructured, making it easier to digest. An ancient grain, it has been cultivated for centuries in **Anatolia, Egypt and Mesopotamia**.

## BALKAN ORIGINS

Saragolla (*Triticum turgidum* ssp. *durum*) is a variety of Khorasan wheat that was introduced to central Italy in the 5th century AD by inhabitants of the Balkan Peninsula, whose own origins lay in the Middle East. It appears that the name "Saragolla" is derived from the ancient Bulgarian language. It means **yellow grain**.

After centuries of success, the cultivation of Saragolla began to drop off in the 18th century, as durum wheat began, increasingly, to be imported from North Africa and the Middle East. With the advent of wheat hybrids in the 20th century, this ancient variety became even more marginalized. Today, Saragolla wheat survives in just a few areas of **Abruzzo**, and the historic regions of **Samnium and Lucania**.

## A HARD, HARDY GRAIN

Saragolla is an amber-colored, early-cycle variety of durum wheat that can grow to a height of 180 cm. The grain, which produces flour of a deep, yellow hue, is longer than that of any other type of wheat and has a "naked" caryopsis (the covering of the seed). **Resistant to parasites**, it is highly suited to organic methods of cultivation.

## WHY IS IT SO GOOD FOR US?

Saragolla wheat is **healthy, nutritious and especially easy to digest**. Thanks to its **low gluten content**, it is particularly popular with those who find they are intolerant to common wheat varieties. It is also a rich source of **selenium and beta-Carotene**, which have excellent antioxidant properties.

Research by the University of Florence and the Careggi University Hospital has indicated that the consumption of products made with Khorasan wheat can reduce cardiovascular risk factors and is less damaging to the intestinal apparatus. More reasons, then, to use Saragolla wheat, a healthy, tasty choice that's also low in food miles.



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