

Heritage Grain and Flour from Anarchy Acres, in Mount Pleasant

Turkey Red Wheat

For the 2015 harvest season we at Anarchy Acres grew Turkey Red, a hard red winter wheat that originally came to America from the Crimean region in the 1870s. The seed we obtained has been maintained by farmers in Kansas since that time. Turkey Red was the dominant winter wheat in the plains states up until the agricultural revolution that began in the 1930s. At that time, other wheat strains were developed that could tolerate high applications of fertilizer and return greater yields. Turkey Red was slowly forgotten.

Today, Turkey Red is being rediscovered for its excellent flavor and good baking qualities.

Additionally, many people who have trouble digesting modern, high-gluten baking products are able to enjoy wheat products made with heirloom grains like Turkey Red.



Our Spring Street field just a few days before harvest in July of 2015.

Genuine Whole-Grain Whole-Wheat Stone-Ground Flour

Not all whole wheat flour contains all of the wheat, and not all stone ground flour was made primarily in a stone mill. Stone ground flour from Anarchy Acres is made from 100% Turkey Red wheat grown in Racine County, and is milled in a single pass on a stone grinding mill. Anarchy Acres flour labeled as 100% extraction is unsifted and contains all of the germ, all of the bran, and all of the endosperm that was originally in the wheat. (White flour sold in North America is required to be enriched in order to replace the vitamins lost when the bran and germ are sifted away.)

Great Tasting, Healthy, Whole-Grain Food

We have used the the 2015 harvest to create delicious bread, pizza, muffins, hot cereal, pancakes, and cookies. 100% extraction flour works great as a direct substitute in all quick breads (baking soda/baking powder recipes) for white or whole wheat flour, but normally a little extra water will help keep the end product moist. Oatmeal, chocolate chip, or similar type cookies will benefit from an overnight rest in the refrigerator before baking, allowing moisture in the dough to migrate into the bran. Anarchy Acres flour can be substituted directly for any “whole wheat” yeast bread recipe that calls for a portion of white flour to be included, but again it may be helpful to increase hydration. For a complete description of working with high-extraction flour in yeast and sourdough bread, read Peter Reinhart's *Whole Grain Breads: New Techniques, Extraordinary Flavor*.



Sourdough Turkey Red Miche



Turkey Red pizza crust

What can you use Anarchy Acres flour for?



Corn muffins made with 50/50 corn meal and Turkey Red flour



Yeast rosemary garlic loaves at left, and a sourdough miche at right. All Turkey Red flour



Chocolate chip cookies made with Turkey Red flour



Pancakes!