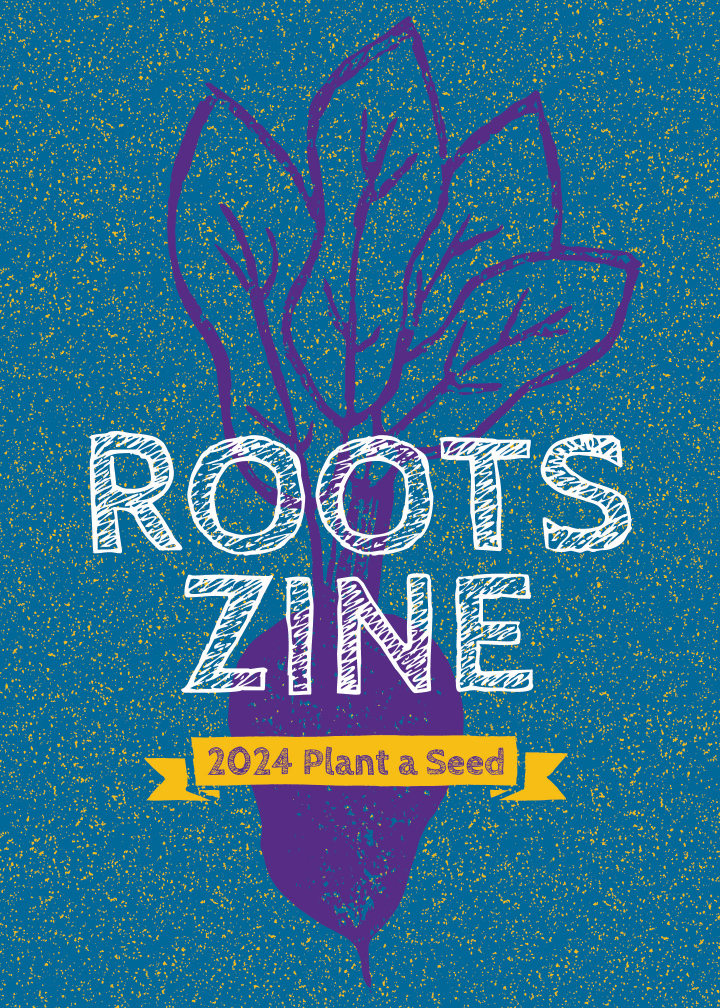

ROOTS
ZINE
2024 Plant a Seed

PLANT A SEED

2024

In the seed and the soil,
we find the answers
to every one of the
crises we face.

– Dr. Vandana Shiva
scholar, environmental activist, ecofeminist

Slow Food USA unites the joy of food with the pursuit of justice.

We strive to create a world where all people can eat food that is good for them, good for the people who grow it, and good for the planet.

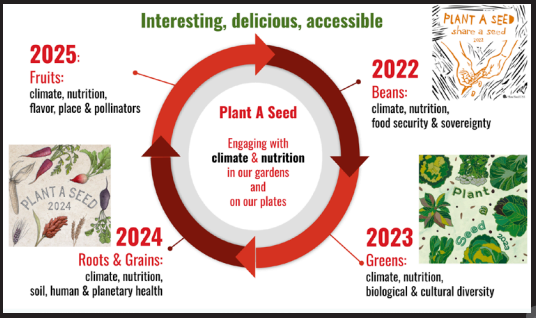
We cultivate nationwide programs and a network of local chapters, host educational events and advocacy campaigns, and build solidarity through partnerships.

Together, we are dismantling oppressive food systems to achieve good, clean and fair food for all.

Slow Food USA®

Every year, Slow Food USA invites growers to engage with climate and nutrition in our gardens and on our plates with the Plant a Seed campaign. The kit in your hands brings together a cast of rare and biodiverse seeds that tell a story. For 2024, we feature grains and roots, highlighting seven distinctive and delicious varieties, including four Ark of Taste crops. You will be captivated by their beauty and their abundance.

This year's kit invites you to ground yourself and connect the dots between soil health, human health and planetary health. It will inspire you to nourish your connections to whole grains and tasty roots as well as connect you to nutrition and soil, and that's something we can all root for!



MANGELWURZEL BEET

Beta vulgaris

The Mangelwurzel beet developed in the 18th century as a fodder crop for livestock that, when harvested young, is an excellent source of nutrition for the farmer as well. The Mangelwurzel is closely related to Swiss chard, and it produces edible, chard-like leaves. The root grows in an array of colors including white, pink, red, orange, golden and purple or black. It is covered in shallow dimples and comes in different shapes ranging from long to ovoid to spherical.

The Mangelwurzel was grown in England, where the large roots found their way into farm culture because it was difficult to grow corn for livestock.

By the late 1800s in the United States, Mangelwurzel was being cultivated on the East Coast. The crop was less sensitive to weather variations, had good tolerance to drought, excellent root preservation qualities, high sugar content, and provided large yields per acre in comparison

to other crops. In the cool climate of New England, it was valued as a good alternative to grains.

For a long time, the Mangelwurzel's primary use was as fodder for livestock, mainly cows, pigs and chickens. Unfortunately, this designation led to an increasingly infrequent appearance on the table. As corn subsidies in the US increased, the economic viability of the Mangelwurzel as a primary food source declined. As a result, this beet has fallen out of favor as both food and feed. However, the Mangelwurzel is an excellent and hardy crop, well suited for human consumption. The roots are tender, juicy and flavorful when harvested young, which is the ideal harvest time if intended for human consumption. If intended for livestock it is best to let the beet get slightly larger, which increases yield and allows for a juicier crop.

Source: Seed Savers Exchange
Days to maturity: 45 days
Growing: Direct sow – thin after emergence or space these large plants 10-18" apart
Primary use: Fodder for humans and animals, they also have delicious greens
Qualities: Mild and slightly sweet

PARDAILHAN BLACK TURNIP

Brassica rapa

The plateau where Pardailhan is situated stands at an altitude of 800 meters above sea level, though it is just 40 kilometers from the Mediterranean. Although vineyards and olive groves are common to this region, the plain of Pardailhan is surrounded by pastures where cows and sheep graze and there are oak and beech forests thick with wild boar. Only 165 people live in Pardailhan, and the ones who still cultivate turnips are very few. Around 30-40 tons are grown annually, much fewer in years when it doesn't rain enough at the end of August.

The quality of the Pardailhan Black Turnip has been celebrated for centuries. After the Second World War, however, local agriculture slumped and the cultivation of these tubers declined. Only a few producers have conserved the tradition of growing Pardailhan Black Turnips and sell them exclusively in local markets. In autumn, the region's rain and heavy fog are very favorable for the turnip's growth; in Pardailhan, it is said that the turnips "drink from their leaves." The farmers then handpick the turnips starting in early November and ending in January.

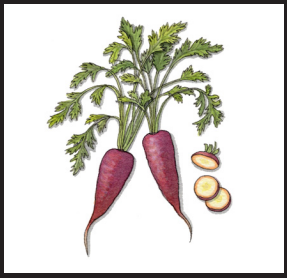
Pardailhan Black turnips are white inside, black outside and covered with small roots. They can be recognized by the red clay residue that sticks to their skins. The Pardailhan Black turnip is a variety called Caluire Long Black, named for its region of origin to the north of Pardailhan.

Pardailhan Black turnips are beautifully tender with a subtle, sweet flavor, and must always be sliced lengthwise, following the root's natural fibers. They can be grated raw and tossed in a vinaigrette, fried in goose fat and a little sugar, or prepared in soups and gratins.

Source: Bone Mountain Farm/
Born to Swarm Apiaries
Days to maturity: 60 Days
Growing: Sow in summer for fall harvests. Sow seeds in well-draining soil in full sun, ¼ to ½ inch deep and 1 inch apart, rows spaced 12-24". Cover seeds and keep moist, until seedlings appear. When plants are 1½ to 3-inches tall, thin to three inches apart.
Qualities: Large greens that are delicious cooked, sweet tender

WISCONSIN PURPLE CARROT

Daucus carota



These ruddy, redolent roots embody both historical representation of their forebears as well as contemporary care for the past, respectful consideration for sovereignty and food access! The original wild carrots were white and pale yellow, and as they became domesticated 5,000 years ago, purples and reds started showing up in the roots.

Folklore has tied orange carrots to a Dutch revolutionary named William, Prince of Orange. The story goes that he helped to spur the Dutch Revolt in 1566, leading ultimately to a Dutch Republic free from Spanish rule. To honor the House of Orange, Dutch farmers exclusively cultivated orange varieties of carrots — but this is simply not true according to the World Carrot Museum. It turns out the carrot came first and the independent country second — the Dutch are incredible agronomists, and orange carrots simply grew excellently in the Netherlands' mild and damp climate. They were more uniform and reliable, lending them to commercial production.

In recent years, the drive to get a colorful carrot onto the scene has captivated seed breeders, and many are patented and have intellectual property restrictions. Enter the Open Source Seed Initiative. The Wisconsin Purple Carrot comes from deep consideration by seed growers looking to bring a purple carrot to the people that is a cultivar that is resilient, nutritious and delicious, not to mention stunning in color. This carrot also offers diverse genetics for those interested in saving seeds in addition to growing in your garden or farm fields. The Wisconsin Purple Carrot is a sizable root with a purple exterior and the interiors can be any combination of purple, orange and white. The tops are vigorous and fluffy.

Source: Cultivating the Commons for Experimental Farm Network
Days to maturity: 70 days
Growing: Carrots take a long time to germinate (sometimes up to 21 days!). Keep the soil damp so the seeds don't dry out. Direct seed ¼ to ½ inch deep in a line, with rows spaced 12-18" Direct seed in late April, May, or June. When plants are 1½ to 3-inches tall, thin to one inch apart.
Primary use: Raw, braised, soup or sauté

FUN FACTS ABOUT ROOTS

Root crops have been used as forage crops for animals and people due to their storage ability and being a large carbohydrate source. Root crops are a wonderful way to break up hard soil and are often called "mining plants," their deep taproots breaking through depleted or heavy soils so that oxygen and soil building microbes and smaller roots can access. Farmers have employed root crops to open up land to agriculture by seeding forage beets, and when mature, releasing pigs into the area to use their powerful snouts to till the ground while foraging the roots!

Deep taproot crops seek out vitamins and minerals deep in the soil where fibrous roots cannot reach and bring those nutrients up into their leaves. When the roots and leaves die and decompose, they contribute to building topsoil.

SOIL HEALTH = HUMAN HEALTH

Healthy soils contain essential nutrients that are essential for plant and human health. Through regenerative and traditional ecological practices, we protect against soil degradation and nutrient loss. These sustainable practices lead to healthy soils, healthy food and healthy people!

Learn more about soil health:

RECIPE

Turnip soup

A recipe from Elian Robert, turnip producer from Pardailhan

1 onion
1 clove garlic
1 pound Pardailhan turnips
2 stalks celery
2 T. chopped parsley
2 c. meat broth
1/2 c. split peas
Salt
Pepper
Oil

Soak the split peas in water for two hours. Peel the turnips, onion and garlic. Dice the turnips, the celery into sections and make a mince with the onion, parsley and garlic.

Heat a spoonful of oil in the bottom of a pressure cooker and pour in the mince. Stir and add the turnips, split peas, celery and broth.

Cover and cook for 20 minutes after turning the valve. Blend in a blender and serve hot.


GRAINS
ZINE
2024 Plant a Seed

GRAINS AND REGENERATION

In regards to soil health, grains are powerful garden crops!

Cover cropping with grains is an essential regenerative agricultural practice. Growing grains after you harvest your season's crops can put carbon back into the soil. Atmospheric carbon sequestered in the soil helps offset greenhouse gas emissions from the burning of fossil fuels.

Farmers grow soil building and regenerative grains like winter rye, oats and sorghum that have carbon sequestering biomass.

Grain cover crops not only sequester carbon in the soil, but provide essential ground cover, holding soil in place against erosion from wind and water.

Many grains like millets are drought tolerant, making them a smart choice in times of climate uncertainty.

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LEARN MORE ABOUT
Plant a Seed 2024

LEARN MORE ABOUT
The Ark of Taste

COCKE'S PROLIFIC CORN

Zea mays

The story of the Cocke's Prolific Corn is a rich one. It was historically one of the most cultivated corn varieties due to its high yielding habit and excellent flavor. It was developed in the 1800s by John Hartwell Cocke and fostered into widespread use by his daughter Lucy Cocke, who marketed it as extremely high quality horse feed. It was this move that launched this corn variety into popularity, and now most modern dent corns have roots in the Cocke's Prolific genetics. Once corn hybridization and a preference for yellow color took hold, this variety became all but extinct, with growers and food historians searching for it for decades.

Ark of Taste Southeast committee member Angie Lavezzo discovered a listing of a farmer in South Carolina who was selling seed. Dr. David S. Shields and Angie met and confirmed that Manning Farmer had indeed been stewarding the Cocke's Prolific Corn for most of his 99 years. Since this rediscovery, it is now commercially available as seed for the first time since 1951, and can be found in mills all over the country being ground into beautiful grits and cornmeal.

Source: Sow True Seeds
Days to maturity: 115 days
Growing: Sow in spring as soon as frost danger has passed, soil temps should be over 65°F. Sow seeds in well-draining soil in full sun, ½ inch deep and 3 inches apart, rows spaced 12". Thin the seedlings 8-10" apart once plants are 6" tall. Ears must be completely dry before harvesting kernels.
Primary uses: Milled grain, grits and cornmeal

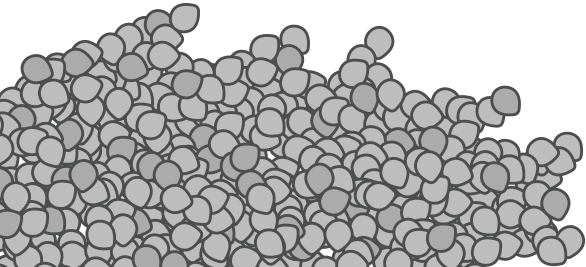
CORAL SUDANESE SORGHUM

Sorghum bicolor

Sorghum has been a multi-use crop in Africa for millenia. It has been used in myriad products from beer to popcorn to livestock feed to grain to porridge to non-food uses like building materials. It grows particularly well in arid climates, making it a great cover crop for building carbon into soil.

This particular variety of this versatile grain is a cane-and-grain type of sorghum that has been stewarded by the Experimental Farm Network. The Coral sorghum is from Malakal, South Sudan, which has been depopulated of its indigenous Shilluk people by the ongoing South Sudanese civil war. It's a tall, robust, productive variety.

Source: Ujamaa Seeds for the Experimental Farm Network
Days to maturity: 115 days
Growing: Sow in spring as soon as frost danger has passed, soil temps should be over 65°F. Sow seeds in well-draining soil in full sun, ½ inch deep and 3 inches apart, rows spaced 12". Thin the seedlings 8-10" apart once plants are 6" tall. Ears must be completely dry before harvesting kernels.
Primary uses: Milled grain, grits and cornmeal



PURPLE KARMA BARLEY

Hordeum vulgare

This Himalayan landrace variety was collected in Tibet in 1924 and spent almost 100 years in a seed bank before being grown in Oregon. It has so much going for it — beauty, nutrition, no hulls. It is easy to grow and has wonderful drought tolerance in addition to being a good yielding crop. For the home gardener, this variety will give you so much confidence at growing grain on the garden scale — especially since it is naturally hulless and you won't need special equipment to process it before cooking. Purple Karma Barley is extremely nutritious, with more zinc than lentils and the highest amount of B vitamins in barleys. Whether you just want to try your hand at growing a cereal grain in challenging conditions, or you want beautifully awned barley stalks for cut flower arrangements, or you want to include one of the most blood sugar friendly grains in your meal rotation, you're going to want to get to know this beautiful barley recently revived by the Oregon State Barley Project.

Source: Camas Country Mill
Days to maturity: 95 days
Growing: Barley germinates in cool soil - can plant as early as March and is frost hardy, will do fine with spring snows. Sow seeds in well-draining soil in full sun, ½ inch deep and 1 inch apart, rows spaced 12". Short rows, thickly seeded will be very productive. Plants are short - 24" tall or so - plant in an open area that won't be shaded by other plants.
Primary use: Whole grain or milled for flour

RED FIFE SPRING WHEAT

Triticum aestivum

Red Fife wheat is one of the great success stories of the Ark of Taste. It was long renowned as one of the finest milling and baking wheats and was widely distributed all across Canada's plains throughout the latter part of the 19th century. It was gradually replaced by hybridized wheat varieties for yields

and disease resistance. What they didn't consider in these developments was losing the exceptional flavor of Red Fife — it is renowned for its nutty flavor.

From the early 1900s to around 1988, it survived only in the hands of a few people and Agriculture Canada's seed bank. Sharon Rempel acquired a half pound of seed from the bank. Through her diligence and connections with other Canadian growers, as well as the support of Slow Food, Red Fife wheat is now grown coast to coast across North America. The formation of the Red Fife Presidium — the only Canadian Presidium — has successfully reintroduced the wheat to bakers and supports the work of farmers growing the wheat to give it an economic market through exceptional hand kneaded artisanal bread sold in bakeries.

Source: Janie's Mill
Days to maturity: 120 days
Growing: Loosen composted soil before scattering 30-40 seeds per square foot, about ½ - 1 inch deep. Keep damp until germination. Once wheat has germinated, keep it well weeded until it is large enough to shade out weeds. Harvest, thresh and winnow when seeds are hard. 3-4 feet tall.
Primary use: Baking

GROWING GRAINS ON A GARDEN SCALE

You don't need acres to grow a meaningful amount of grain. Even a row or small stand will provide enough grain to harvest and use!

- Winter wheat, rye and spelt need a period of dormancy to grow and should be planted in fall.
- Grains like spring wheat, barley, oats and millet are considered short season and are best planted in spring.
- There's a category of grains called pseudo-grains that are wonderful to experiment on the garden scale and are planted in late spring/summer: sorghum, amaranth, buckwheat and quinoa.
- Most grains are wind-pollinated and need to have a decent stand of plants to ensure adequate pollination.
- Since many grains have a protective hull, on the garden scale, it is recommended to grow "naked" or "hulless" varieties that require no special threshing equipment.
- All grains need a sunny location.
- Prepare your seed bed up to six inches. Spread a couple of inches of compost over the surface and work it in before seeding.
- Distribute the seed over the top of the soil evenly. Lightly rake soil over the top, and ideally spread a little

straw over the top to conserve moisture and keep birds feeding to a minimum.

- Keep the area moist until seedlings emerge and keep the patch weed free through growth.
- When growing corn, plant 3-5 seeds together as they will support each other. Traditional planting methods often involve growing corn in mounds.

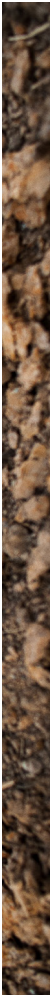
HARVESTING GRAINS

Wheat + Barley

Reap/harvest: Your wheat and barley are ready to harvest when straw-colored and dry. If not fully dry, or if wet weather is coming, you may have to cut and finish drying indoors. Harvest your grain on a dry day with scissors or a sharp knife. If you don't have much grain, you can just harvest the seed heads into a bucket. If you wish to dry further or display it, harvest with long stalks and bundle into "sheaves." Dry grain in a covered area until ready to thresh.

Threshing: To remove the seed "berries" from the seed head, you can load grain into a bag/pillowcase (or the bag that came in this kit!) and bang it around to release the seeds. If you have a lot of grain, you can also lay the dry stalks out on a tarp, cover with a sheet and stomp on them gently to release the seeds.

Winnow: This is where you "remove the wheat from the chaff" — after you have stomped or banged your plant



matter, it's time to collect what you have and separate the seeds by blowing the chaff away. The bucket method works well for small volumes. On a breezy day or in front of a box fan outside, lay out a tarp or sheet - have 2 buckets, one filled with chaffy seeds and an empty one. From a moderate height, with wind blowing through the stream, pour the plant matter into the empty bucket. Chaff should blow away and seeds should fall into the bucket. This will take several passes back and forth to get relatively clean seeds. When most of the chaff has been blown from the seeds, transfer seed to a wide bowl and blow the remaining small amount of chaff away with your mouth.

Corn

Harvest: The corn in this kit is dent corn to be used as a grain, so it should be harvested when dry. You will need to wait until corn husks and stalks are brown. The ears of corn will need to dry before processing or saving the seed. When harvesting your corn, you can pull back the husks and hang them from the husks in a dry area until fully dry.

Shelling: Removing the seeds from the cobs is simplest when the ears are fully dry. If you don't have a cob sheller then you can break an ear of corn in half and, using your thumb (wearing gloves - or you'll get sore thumbs!), pop the kernels off towards the broken end. Once you have a shelled cob, you can use the cob as a tool to push kernels off the cobs.

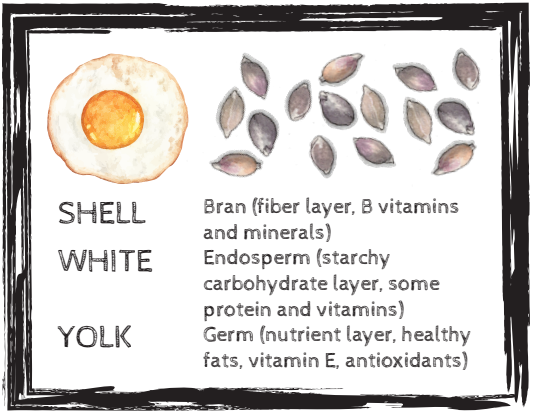
Storing: Shelled corn should be stored in the freezer for a time to kill any weevils until you are ready to mill it or nixtamalize it for use.

Sorghum

Cane for Syrup/Molasses: To harvest at the right time for syrup, harvest the stalks 2 weeks after the seeds begin the "milk stage," which can be detected when you squeeze a seed and a milky liquid comes out. Remove the seed heads (reserve for drying and using as a grain) and leaves from the stalks and chop the stalks into a length that will fit into your largest pot. Split the "cane" down the length of each piece of stalk and place all pieces into your pot and cover with water. Bring to a boil and lower to a simmer. Allow the cane to simmer for at least 2 hours to extract the sugar from the cane into the water. Remove cane from water and strain solids from the liquid. Return liquid to the pot and begin the evaporation process as for maple syrup - boil down until you have removed all the water and are left with a dark syrup.
Seed heads for grain: Grain sorghum is harvested when the seeds are fully mature - they will be hard and glossy. Harvest by cutting the tops leaving a little portion of stalk attached. Dry them for about a week in a well-ventilated area before rolling the seeds from the stalks and winnowing the chaff from the seeds. Store grain in the freezer if possible.

WHY WHOLE GRAINS?

Whole grains have formed the backbone of the human diet for millenia. They are nutritionally powerful when used in their whole grain form, versus their refined form that has been reduced to its starchy carbohydrate element. If we think about the anatomy of a grain berry to an egg, it helps to understand the parts.



Bran and the dietary fiber that it is made up of are key to slowing the breakdown of starch into glucose. Bran is your ally in maintaining steady blood sugar, essential to health. Fiber is also key to digestive health and keeping cholesterol in the safe zone.

The invention of roller mills in the late 1800s industrialized processing grains. When you roller mill grains, you strip away the essential nutritional components of bran and germ, leaving behind just the starchy endosperm. While roller milling produces a fluffy flour that easy to digest, chew and has longer storage capability (removing the germ/fat keeps flour from going rancid quickly), you compromise every other essential quality that the grain provides — vitamins, healthy fats and fiber.

Refined flours are sometimes "enriched," meaning the deconstructed flour has been reconstructed with some of the parts, mostly vitamins. However, this enriching practice can never replace essential health-promoting components like phytochemicals — they are lost forever. This is why avoiding refined grains in packaged products is a good practice. Choose whole grain foods that are high in fiber and have very few other ingredients than whole grain. Strive to eat whole grains in their whole forms — barley, corn, sorghum, brown rice, etc. — to be able to unlock the nutritional benefits every time you add these foods to your meals!

Whole grains are considered an essential prebiotic component to optimal gut health!

RECIPES

Buttered barley with lemon

Recipe from Adrian Hale, Portland Whole Grain Bakers Guild. Serves 2-4.

½ cup barley
4 cups water (or light chicken broth)
1 bay leaf
1 strip of lemon zest
½ teaspoon salt
4 tablespoons unsalted butter, divided
2 tablespoons nuts (walnuts, pecans, etc.), chopped
juice of 1 lemon
2 teaspoons fresh dill, chopped
Salt & pepper to taste

Procedure

Put the barley in a blender or food processor and pulse it on high for a few minutes to crack the grain roughly. This will give you more access to the starchy parts when cooking and make this dish more risotto-like.

In a heavy-bottomed medium saucepan, combine the water, bay leaf, lemon zest, and salt. Bring to a boil, and then immediately reduce to a simmer.

In a separate pot, heat 2 tablespoons of butter on medium heat and drop in the cracked barley. Stir to coat with the butter and cook for about 5 minutes, stirring, until the butter and risotto smell toasty.

Using a ladle, add about a cup of water to the barley and stir until the water is absorbed. Pour in the rest of the warmed water and bring to a swift boil. Cover, and reduce the heat to simmer. Let it gently simmer for about 30 to 40 minutes until tender. Remove from the heat and drain if there is excess water, leaving the grain in the pot. Cover with a kitchen towel, and replace the lid. Let it stand for about 10 minutes to steam and absorb any excess moisture.

Meanwhile, melt the remaining 2 tablespoons of butter in a small pan. Add the nuts and toast until the butter is a bit browned and the nuts are starting to smell irresistible. Remove from heat and add the lemon juice and dill. Season with salt and pepper. Serve immediately. If you have leftovers, turn it into a delightful grain salad by adding leftover roasted seasonal vegetables, and/or whatever greens you happen to have lying around. Savor with delight and gratitude.

Reprinted with permission from Barley World, a zine
Follow on Instagram: @barleyworld

Ogi baba

Recipe from Shelby Johnson. 3-4 servings.

Measure 2-3 cup sorghum grains and rinse thoroughly. Place rinsed grains in a glass jar, and cover with room temperature water. Be sure there is enough water to fully cover the grain. Cover with a loose fitting lid, being sure not to fully close the jar.

Place jar out of sunlight (room temperature is fine) for 2-4 days. A longer period allows for more fermentation and thus will change the flavor, so experiment with a few rounds too see which you like best. You may need to check the jar to burp if needed.

Pour off most of the fermentation water, and pour the remaining soaked grain and some reserved water into a blender. Blend until the mixture becomes a porridge consistency, thin enough to pour. You may need to add more fresh water and blend as needed.

Pour the blended porridge into a pot over medium-low heat and cook for 8-12 minutes, stirring to avoid sticking to the bottom. Drizzle over fresh or evaporated milk and serve. You could include non-dairy milk alternatives, nuts, dried fruit, etc. Also nice to drizzle sorghum syrup as an added touch.

Roasted carrots with wheat berries, pickled cherries, arugula + brown butter vinaigrette

Recipe from Abra Berens

2 pounds carrots, cut into large chunks
1 c. wheat berries
Arugula leaves, or any other tender green
Olive oil
Salt and pepper
¼ c. sugar
½ c. balsamic vinegar
1 c. dried cherries or cranberries, pickled
4 T. butter
1 lemon, zest and juice
1 orange, zest and juice
1 T. white wine or sherry vinegar
¼ c. olive oil

Procedure

Preheat oven to 400ºF. Cut carrots into chunks, toss with olive oil, salt and pepper. Roast until deeply caramelized and tender, about 35 minutes. While they are cooking, pickle the dried cherries (or cranberries), reserving ½ c. for the recipe.

Meanwhile, cook the wheat berries in too much water, like pasta, until tender. Drain and reserve 1 c. for recipe.

Meanwhile, make vinaigrette: Brown butter in a saute pan on medium-low heat until it foams, the foam will sink to the bottom and brown. Pull off heat and let cool a bit. Combine zests, juices, vinegar and salt and whisk oil and butter in, scraping in browned bits. Always serve warm, but store extras in the refrigerator.

When the carrots are done, combine with 1 c. cooked wheat berries, ½ c. pickled cherries, and ½ c. warm brown butter vinaigrette. Toss in a hearty handful of arugula (or green you are using). Adjust seasoning, serve.

Reprinted with permission from "Grist: A practical guide to cooking grains, beans, seeds, and legumes"

Fresh Cocke's Prolific corn dumplings

Recipe by Fernando and Marlene Divina, divinAmerica
Makes 8 -10 dumplings.

These are the fluffiest dumplings we make and come together quickly and with ease. Try them soon after the season has arrived and eat them often. If you are unable to process your own cornmeal fresh from last season's unique and tasty dried corn, it can be ordered as ready-to-use cornmeal from Colonial Milling or Marsh Hen Mill.

2 generous cups fresh corn kernels, cut from the cobs of milk-stage Cocke's Prolific Corn
1 cup, unbleached wheat flour
3 tablespoons Cocke's Prolific Cornmeal, Marsh Hen Mill brand of Speckled Grits
2 teaspoons, baking powder
1 teaspoon, coarse salt
1/4 cup vegetable shortening, lard, or soft butter
1 to 2 tablespoons milk or water

For the dumplings

Place corn in a bowl and mash the kernels with a fork. Alternatively, place the kernels in a food processor and pulse the corn until it is coarse and unevenly textured. Rustic indeed!

Blend the flour, cornmeal, baking powder and salt in a bowl. Add the corn mixture and fold the ingredients together. Cut in the shortening with a fork. Add enough milk to form a stiff batter.

To cook

Drop shaped spoonfuls of the dumpling mixture into simmering - just below a rolling boil - liquid. Cover tightly and cook on a medium-high flame without removing the lid or place in a very hot oven for 10 - 12 minutes or until a knife tip or wooden pick, when inserted, comes away clean.