

ANCIENT GRAINS

When you open your pantry, do images of the rugged mountains of South America, the colorful tablelands of Africa and the fertile river valleys of the Middle East dance before your eyes?

If not, you have yet to discover amaranth, quinoa, spelt, kamut and teff, the quintet of nutritional powerhouses known as the ancient grains.

The legends behind their origins many millennia past, their loss over time and their ultimate modern revival - literally tell the story of civilization.

**FACTUAL
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