

WHY WE USE  
**SPELT**  
**FLOUR**



INSTEAD OF THE MORE  
COMMON  
"MODERN" WHEAT  
AT THE  
COMMON LOAF BAKERY

We wanted to write to tell you why we use spelt flour so extensively in our products. In case you have not heard of spelt before, here is a quick rundown:

***Spelt** ( *triticum spelta*) and “modern” wheat (*triticum aestivum*) are grains that are in the same family.*

***Spelt** can be ground into flour and used in a similar way to “modern” wheat.*

So with all these similarities to “modern” wheat, you may be asking yourselves why we use spelt so much in place of “modern” wheat.

***Spelt** has a tougher husk than wheat.*

*Whereas the husk on wheat falls off when it is harvested, spelt’s husk remains. This tough husk protects the delicate germ that spelt has which is more water soluble than “modern” wheat’s.*

It is becoming evident that a lot of people are having trouble digesting “modern” wheat. It seems like it all has to do with gluten. Gluten is the gluey substance that holds bread together and makes it able to have little bubbles or pockets of air. The more water soluble gluten of spelt is easier to digest than the gluten of “modern” wheat

Honestly, a lot of health problems arise when food is not easily assimilated into your body. We feel that there is benefit to eating this grain over wheat because it is easier to digest. We also have many customers who have problems eating wheat but regularly eat spelt without the same problems.

*We invite you to draw your own conclusions.....*

*And then tell us.....*



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