



Sharpham Park Organic Spelt Facts

1. Sharpham Park Spelt has a unique nutty flavour.
2. Spelt does contain gluten and is therefore unsuitable for coeliacs.
3. Spelt is a perfect alternative to wheat.
4. The key difference between spelt and common wheat is the molecular structure of the protein contained in the gluten, which is more brittle and more soluble and thereby easier to digest.
5. Spelt has around 25% more protein than most common wheat grains – essential for body maintenance and muscle growth.
6. It has a low Glycaemic Index, releasing sugars slowly into the blood stream. Great for athletes, children and those of us trying to keep the hunger pangs at bay between meals.
7. Has been proven to relieve symptoms of IBS and is prescribed to help sufferers of irritable bowel syndrome.
8. Has high levels of complex B vitamins and iron.
9. Is an excellent source of Riboflavin - two ounces of Spelt flour will provide over 100% RDA of Riboflavin - it is one of the most important foods for many migraine sufferers.
10. Spelt is a good source of Niacin, which can help to reduce total cholesterol and lipoprotein levels.
11. The high level of fibre in spelt is believed to help reduce cholesterol levels and help to combat Diabetes. Spelt is a good source of Zinc, which is also important in controlling blood sugar levels.
12. Spelt contains special carbohydrates called ‘mucopolysaccharides’; their carbohydrates are credited with strengthening body tissues and stimulating the body’s immune system, helping to increase its resistance to infection.
13. Spelt was brought from the Middle East more than 9,000 years ago. Mystical writings of the 12th century healer, St Hildegard of Bingen who praised spelt as the grain best tolerated by the body
14. Spelt is a cross pollination between emmer wheat (*triticum dicoccoides*) and goat grass (*aegilops squawosa*).
15. There are several types of spelt, just as there are several types of wheat.
16. Sharpham Park Spelt is a pure breed spelt, and is grown organically.
17. Spelt is well-suited to organic systems, it’s resistant to pests and diseases and tends to have a prostrate growth habit when young which helps suppress weeds.
18. Sharpham Park spelt is stored with the tough outer husk intact. It is this husk that locks in the nutrients and keeps the grain fresh until it is converted into pearled spelt or flour, or further processed into puffs and flakes for the mueslis and granolas.
19. The outer husk accounts for around 40% of the Sharpham Park spelt harvest, and is discarded prior to processing. Sharpham Park is currently researching the possibility of using this husk as a bio-fuel.
20. Sharpham Park is, we understand, the largest commercial grower of organic spelt in the UK.
21. Most other producers of spelt products in the UK use imported spelt grain already de-husked from Europe, the Ukraine and from Canada.
22. Sharpham Park organic spelt is used to make the following products:
 - Wholegrain and refined spelt flour – used as a perfect alternative to wheat flour in any recipe
 - Mueslis, puffs and granolas, toasted flakes and spelt bran
 - Pearled spelt – delicious in risottos, soups and stews.
 - Biscuits – sweet and savoury
 - Cakes
 - Pizza bases

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