

The Kusa Seed Society

Seed and Literature Catalog

2009

The Kusa Seed Research Foundation
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Our Seed & Literature Catalog

(Membership Benefit Information Included!)

Grain Crops for the Garden and Mini-Farm

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Seeds are living forms which require on-going detailed care. The Kusa Seed organization's work is an effort to assure the survival of many ancient, rare, and endangered edible seedcrop strains. The focus is on seedcrops whose grain can be used as staple food and which can also be saved as seed. The success of this work is dependent on the participation of those concerned.

We offer you the “real thing”; planting-seeds for edible seedcrops. In the view of the Kusa Seed organization, the plants themselves are teachers. Enroll yourself in a “study course” at your own home! Simply invite one of our esteemed faculty members to come and grow at your place; you plant the seed and the “study course” will unfold before your eyes. Our faculty hail from the far corners of the earth's storied mountains, valleys, and plains — from Afghanistan; India; Iraq; Italy; Japan; Korea; Poland; Russia; Tibet and other places.

The Kusa Seed organization believes that the rare, hard-to-get cereal seedstocks listed in this catalog carry within them the potential of a personal and social renaissance, due to their uniquely desirable grain for human nutrition. All proceeds from the sale of seeds and literature go to further the work of the non-profit Kusa Seed Research Foundation. Purchasing seed or literature is a way of supporting the work of the Kusa Seed organization and expressing preference for natural-genetic-pattern (non-GMO) seeds for human nutrition.

A Note on Seed Production

The Kusa Seed organization has nearly 30 years of hands-on seed production experience. All seed production is carried out on a small scale using careful attention and hand methods. Seed grown under the supervision of the Kusa Seed organization is the best quality that nature, humanity, and circumstance, working together can create. In its seed production work, the Kusa Seed organization uses natural methods exclusively with no chemical fertilizer or synthetic biocides applied to the crop. Similarly, the Kusa Seed organization does not apply chemical treatments to the seed after harvest. The Kusa Seed organization *does not* propagate or distribute GMO-type seedstocks (genetically-modified organisms).

Seed Offers

All proceeds from the sale of the below Seed Offers go to support the work of The Kusa Seed Society. Purchasing seeds is a way of supporting the society's work. Your support is greatly appreciated. Orders accepted only on the official Order Form available on the last page of this document.

Detailed descriptions of Seed Offers start on page 5.

Awnless Wheat Offer	Order Code: SS-AWO	Price \$14.95
Chushi Gangdruk Population Offer	Order Code: SS-CGP	Price: \$17.95
Embassy Wheat Suite Offer	Order Code: SS-EWS	Price \$19.95
Wheat Ancestors Offer	Order Code: SS-WAO	Price \$14.95
Establishment Wheat Offer	Order Code: SS-EWO	Price \$14.95
Food-Barley Offer No. 1	Order Code: SS-FB01	Price \$19.95
Food-Barley Offer No. 2	Order Code: SS-FB02	Price \$14.95
“Miracle Seeds” Barley Offer	Order Code: SS-MSB	Price \$19.95
Millet Offer	Order Code: SS-MIL	Price \$ 9.95
Lentil Offer	Order Code: SS-LEN	Price \$19.95
“Everything You Got” Offer	Order Code: SS-EYG	Price \$159.00

Literature Offers

The majority of the following pieces of literary-art have been written by Lorenz K. Schaller, founder of The Kusa Seed Research Foundation, during the course of the past two decades. Under a grant of rights to The Kusa Seed Society, all proceeds from the sale of the below publications go to support the Society's work. Purchasing these publications is a way of supporting the work of The Kusa Seed Society. Your support is greatly appreciated. Orders accepted only on the official Order Form available at the end of this document.

Title: <i>The Architecture of Whole Grain</i>	Order Code: Lit-AWG	Price: \$ 2.95
Title: <i>A Commentary on Culinary Maize</i>	Order Code: Lit-CCM	Price: \$19.95
Title: <i>A Church of Grain</i>	Order Code: Lit-COG	Price: \$ 9.95
Title: <i>Celebrating Thanksgiving</i>	Order Code: Lit-CTS	Price: \$ 2.95
Title: <i>Delicious Plant Food Cuisine</i>	Order Code: Lit-DPF	Price: \$ 9.95
Title: <i>Einkorn Wheat, the Cereal of the Iceman!</i>	Order Code: Lit-EWC	Price: \$ 2.95
Title: <i>Food-Barley, A Key to the Peaceable Kingdom?</i>	Order Code: Lit-FBK	Price: \$ 2.95
Title: <i>Genetic Engineering of Seeds</i>	Order Code: Lit-GES	Price: \$ 2.95
Title: <i>History Group</i>	Order Code: Lit-HSG	Price: \$ 9.95
Title: <i>India's Miracle Seeds</i>	Order Code: Lit-IMS	Price: \$19.95
Title: <i>Into A New World</i>	Order Code: Lit-INW	Price: \$ 7.95
Title: <i>Lentils: Ancient Nutrition & Modern Cookery</i>	Order Code: Lit-LAN	Price: \$ 4.95
Title: <i>Lentils for the Organic Garden & Mini-Farm, A Cultural History & Guide</i>	Order Code: Lit-LOG	Price: \$ 4.95
Title: <i>The Life Story of Chia, Food of the Vision Quest, Runner's Porridge</i>	Order Code: Lit-LSC	Price: \$ 5.95
Title: <i>The Life Story of Japanese Barnyard Millet</i>	Order Code: Lit-LSJ	Price: \$ 2.95
Title: <i>A Life on the Wild Side</i>	Order Code: Lit-LWS	Price: \$ 9.95
Title: <i>Planting & Growing Instructions</i>	Order Code: Lit-PGI	Price: \$ 1.95
(Please note this publication is shipped with all seed orders. If you have ordered seed from this Catalog, you will automatically receive this publication, Lit-PGI).		
Title: <i>Preserving Seed Diversity</i>	Order Code: Lit-PSD	Price: \$ 4.95
Title: <i>What's Up With Triticale?</i>	Order Code: Lit-WUT	Price: \$ 2.95
Title: <i>Everything You Got</i>	Order Code: Lit-EYG	Price: \$ 124.00

SEED AND LITERATURE OFFERS

SEED OFFERS

Awnless Wheat Offer

Order Code: SS-AW

Price \$14.95

The Awnless Wheat Offer consists of five (5) packets of awnless wheat (*Triticum vulgare*). As noted by Percival (*Wheats of Great Britain*, 2nd Edn, 1948). “Awns are scabrid and greatly irritate the eyes, nostrils, and tongues of cattle and horses to which such chaff is fed. In Great Britain and indeed western Europe generally, the wheats in cultivation are awnless because the chaff of awnless varieties is useful food for farm animals” (while the grain is useful food for human animals! -editors note).

GHIRKA 1517

Also known under the names “Russian” and “Early Russian.” This is a spring growth-habit wheat with hard grain, red kernel color and white chaff (glumes). It exhibited straw strength during the Kusa Seed organization’s grow-outs with average plant height of 44” to a maximum of 65”. It was exposed in the field in Ojai, California, to multiple nights of 16° F. at 30 days of age, with no harm to the seedlings. It arrived in the United States from the Volga River district of Russia. Thousands of acres of the grain were grown in western North Dakota around the last turn-of-the-century (1900). Its kernels are said to be larger and softer than Red Fife.

JAPHET

T. vulgare var. *lutescens* (Percival). This is a spring growth-habit wheat with yellowish-red kernel color. It exhibited straw strength during the Kusa Seed grow-outs with a plant height of 35-45.” It is a British heritage variety. In England it was called “Red Marvel” and closely resembles Red Admiral. It was imported to England about 1904 from the famous seedhouse firm Messrs. Vilmorin in Paris, France, who selected it in 1892 for its good yields and other properties. This is a wheat from long before the days of herbicides, a wheat which made the artisan breads baked in the wood-fired ovens of France, in the days of carriages and candlelight, when food was still made by hand! The name *Japhet* is a christening originating with Messrs. Vilmorin.

PACIFIC BLUESTEM NO. 16

This is a spring growth-habit wheat with hard, white-color kernels. It is a descendant from the legendary White Lamma variety of England. White Lamma was the leading wheat variety when wheat production began in Australia. It exhibited straw strength during the Kusa Seed organization’s grow-outs with average height of 60”. It was exposed in the field in Ojai, California, to multiple nights of 16° F. at 50 days of age, with no harm to the seedlings. It was extensively grown in California about 100 years ago where it acquired a reputation for excellent baking quality. It was more extensively grown for a time in California than any other wheat

variety, long before the age of chemical herbicides. Commercial production then spread to the states of Washington and Oregon. No one knows why the name “bluestem” was chosen for this variety, as the stems are not blue at all. To distinguish it from many other bluestem varieties, it was christened “Pacific.” It reached California from Australia about 1850.

RED BOBS

Red Bobs is a spring growth-habit wheat with hard, red-color kernels. Do Canadians know how to party? Never doubt that they do. With their big winters Canadians are masters of the “wild weekend” (sleep-over). According to official accounts, Red Bobs “originated” (discreet term) in a field of Bobs, a Canadian white wheat in the year 1910, “probably as a result of a natural field cross.” Red Bobs soon headed south however, crossing the border into the United States on a moonless night. So it came to pass that in 1924 the United States Department of Agriculture (USDA) wrote of Red Bobs: “A first-class milling and bread-making wheat!” (*USDA Bulletin 1183*). Party animal! Invite him for a sleep-over at your place! Red Bobs has dance steps you may not yet have seen.

RED FIFE

A spring growth-habit wheat with hard, red-color kernels. It exhibited weak straw strength during the Kusa Seed organization’s grow-outs with plant heights of 40-71”. It was exposed in the field in Ojai, California, to multiple nights of 16° F. at 50 days of age, with no harm to the seedlings. Accounts differ about its arrival in the United States. One states it arrived from Scotland, coming there from Danzig and Poland. Another states that the original came from Russia and Poland into Canada (1845), arriving in Wisconsin about 1860. It became the founder crop of the great flour industry of Minneapolis (Pillsbury, etc.) after the introduction of the roller-mill and the purifier. For some time it stood as the “number one” commercial hard spring wheat of the United States, commanding the highest price. (Roller-milling technology was stolen out of Hungary in an incident of industrial espionage [i.e. bald theft] and became the chief element in the commercialization of the United States flour milling industry; the end of whole, unrefined wheat flour and the come-uppance of white, “purified” wheat flour. See the Literature item in this Catalog, *The Architecture of Whole Grain*).

Chushi Gangdruk Population Offer Order Code: SS-CGP Price: \$17.95

The Chushi Gangdruk Population is a set of seven (7) seed packets containing a composite population of landrace Tibetan naked-barley strains (*Hordeum vulgare*, var. *nudum*). There are at least several dozen genetically and morphologically distinct (visually different) traditional Tibetan barleys alive and resident in this population; individual tall and mostly stiff-stemmed strains. These have been bred for countless generations for easy threshability using simple hand methods, with superb results. Growers of this population can gradually select-out those strains best adapted to their site and tastes. The composite is mostly brewing barleys with a few possible food-barley types. *Chushi Gangdruk* is a traditional Tibetan place name which translates as “Four Rivers, Six Ranges.” This was an epithet for the (now former) provinces

of Kham and Amdo prior to the Communist Chinese military invasion of the Tibetan plateau. The XIV Dalai Lama was born in Amdo, the storied land of the equestrian-loving Amdoans and Khampas. These are plants like you've never seen; endangered cereal grasses from the "Roof of the World." The large, mature heads of grain bristle with huge, oversize, long awns, reaching 7-inches in length on many heads. As they sway in the wind these ripening grains resemble untamed wild animals parading across the mountain snowfields above the powerful rushing rivers of the "Land of Snows." Leaves, glumes, and awns are richly pigmented with russet shades of anthocyanin, "the colors of health."

Late of an evening, when the fire has died low to glowing coals, you may hear in the far distance the faint whinnying of ponies and the staccato beat of approaching hoofbeats. If so, it is the Tibetan chieftains, who have come riding on a night wind, desiring to check on their crops. A slight breeze may rustle past your elbow and you may feel a strange shiver as the air around you seems to thicken with the hushed presence of once-vanished, now-retained, Tibetan chieftains. For such are the stories that barley carries and late of an evening when the fire has died to low coals, these teachers may gather round invisibly and yet fill the atmosphere with their palpable presence. For grain dies yet lives again and was long ago recognized and respected as a vehicle for pure spirit. The vanished Khampa and Amdoan chieftains — master equestrians with turquoise-and-silver jewelry, wild hair and homemade felt boots — attempted to defend their homeland against the superior arms and might of the invading industrialized Chinese communist military. The chieftains and their wives, paragons of Asian beauty, failed and were vanquished forever. But their staple food and beverage grain, naked-barley, lives on, available for planting at your homeplace today. The chieftains named their homespun, under-gunned, guerrilla resistance and defense-league organization *Chushi Gangdruk* in tribute to their beloved homeland. In the early spring of 1959, members of the organization escorted their spiritual leader, the youthful XIV Dalai Lama (aged 23 years) to the Tibetan frontier in a desperate flight. The Dalai Lama safely crossed the border and found exile in India in that year. At the frontier crossing-place, His Holiness' escorts turned back into Tibet, wheeling their ponies back out into the black night, and vanished forever into the Tibetan wilderness. Their way of life was over, but their barleys live on. When the crop is standing tall, in the rustle of these barley leaves you just may hear the whispers and the faint staccato of hoofbeats, as the heart-felt truths of Chushi Gangdruk's brave and heroic, patriotic acts of derring-do, spill from the ripening, star-blessed, heads of grain. To those who quietly listen, barley talks and tells its stories.

Embassy Wheat Suite Offer

Order Code: SS-EWS

Price \$19.95

The Embassy Wheat Suite Offer consists of seven (7) packets of very rare, individually spectacular wheats which flourished long before the age of chemical herbicides, when horse, mule, oxen, and human power ruled the fields.

BAART EARLY

Baart Early is a spring growth-habit wheat (*Triticum vulgare*) with large, semi-hard, white-color kernels and white glumes. It reached heights of up to 48” in the Kusa Seed organization grow-outs. Baart Early was imported into Australia from South Africa in 1880 and came to the United States in 1900. It became well established in Arizona, then spread to the Pacific Coast states. About 500,000 acres were grown in 1919, while the 1939 records show 890,000 acres grown on the dry and irrigated lands of the West. A widely-grown, pre-modern bread wheat.

GLOBE WHEAT STRAIN 1506

Globe Wheat (*Triticum sphaerococcum*) is a spring growth-habit wheat with small, spherical (round) kernels. The shape of the kernels is quite distinctive and memorable. The stems are very stiff on 24-inch plants whose leaves are all stiffly erect. The seeds have fast germination and emergence. Globe wheat filled the bread basket of pre-industrial colonial India where grain from the plants furnished the flour for the delicious native chapatis and countless other wheaten foods, probably for many long centuries. This crop tillers vigorously even when crowded and has an excellent agronomic appearance by “modern” plant-architecture standards. All heads have short awns. Start with a few seeds and get to 80-pounds with the third-generation harvest. The harvest from the 80-pounds will produce enough grain to feed a whole village.

HURON

Huron is a spring growth-habit wheat grown commercially as a bread wheat in the United States about 100 years ago. Huron was selected in Canada about 1888. Height ranges from 44-62”. Huron was exposed in the field in Ojai, California to multiple nights of 16° F. temperatures at 50 days of age without harm.

MAURI BLACK-AWNED

This is a landrace wheat from ancient Afghanistan (*Triticum turgidum*). This race of wheat acquired the common names “Cone” and “Rivet” wheat in England, when they were “somewhat widely” grown in the sixteenth, seventeenth, and eighteenth centuries. This is a spring growth-habit wheat with its own way of going about the business of “growing up” (have you ever had teenagers living at your place?). Cone and Rivet wheats are best if planted in the autumn, in regions with temperate winters. When sown in the spring, they ripen very late and the kernels struggle to properly mature. According to Percival (an authority on ancient wheats), this is the tallest of all the wheats and in the Kusa Seed organization’s grow-outs, Mauri Black-Awned reached heights of seven-feet. The plants have very attractive, erect leaves and the appearance is one of a very successful and productive-looking crop. Stem strength is modest; the grower should support the plot to prevent lodging. This is an ancient wheat of remarkable beauty. “The productive power of most varieties of *Triticum turgidum* is greater than that of any other race of wheat when the soil is suitable and the climate allows for a long growing period for the crop” wrote Percival in his monograph *The Wheat Plant* (1920). This wheat has black awns and white glumes and nice hollow stems (drinking straws).

MILAGRE

This is a landrace wheat of spring growth-habit (*Triticum polonicum*) from Portugal. Milagre has very distinctive, long glumes and long, narrow kernels. Milagre belongs to one of the tallest races of wheat. In the Kusa Seed organization grow-outs, Milagre reached heights of 7' (84"). Milagre has very large grain heads and broad, droopy leaves. This wheat has nice hollow stems, used for drinking straws in the old days. This wheat pre-dates the industrial revolution and is highly scenic. Anticipate possible lodging by furnishing support. A most esteemed faculty member with a historic portfolio.

MIRABELLA

This is a landrace wheat of spring growth-habit (*Triticum polonicum*) from ancient Italy. Mirabella has "elphantic" length glumes and tremendous height potential. In Kusa Seed grow-outs, height varied from 30-84" with some stiff stems exhibited at times. The height expression depends on the soil, climate, growing-term, and other factors (how it likes your place; the local hospitality factor). Once you meet Mirabella, you'll want to squire her, no doubt. A real, honest-to-goodness beauty queen with a clean and decent soul. Be sure and have your camera on hand when you grow Mirabella, and plenty of film or memory. You likely have never seen anything so fetching before. This is *real* grain. Nice hollow stems.

SIN EL PHEEL

This is a landrace wheat (*Triticum polonicum*) of spring growth-habit from ancient Iraq. What a faculty member to have on staff! Huge heads of grain; "elephant size." Moderately stiff stems. A magnificent specimen of ancient wheat. If the neighbors see it, you'll have to put up a fence with a strong padlock on the gate. Good for pasta, bread, other culinary items and curative for the "wimp factor" that car-driving and web-surfing inescapably thrust upon us. Height in the Kusa Seed organization grow-outs ranged from 30-84". Imagine a giant towering over you; that's Sin El Pheel at its best form. Nature has some surprise secrets to share with you and this faculty member comes with a briefcase full of them.

Wheat Ancestors Offer

Order Code: SS-WA

Price \$14.95

Packet size: 25 spikelets per packet.

The Wheat Ancestors Offer consists of five (5) packets of ancient-pedigree wheat-ancestors. The kernels of each of these wheats are enrobed in thick husks or "coverings." In botanical language, these are "covered-wheats" (as distinct from "naked-wheats"). Each seed-unit is called a "spikelet" and contains (usually) two seeds, hidden beneath the husks. (For planting, the seeds *do not* have to be freed from the enclosing husks; the spikelet can be planted whole). For table-use, covered-wheats have to be de-husked (toast the spikelets lightly to make them very dry and brittle, then pound with a wooden mortar and pestle and winnow; beats a visit to the gym or exercise club; actually, far superior). Because of the thick protecting husks, the skins

of the naked kernels are (in culinary terms) very thin (the husks are inedible to humans). Such “covered” grains, many millennia ago set the standard for culinary excellence and nutritional integrity, as they are superb for use as whole grains (cooked like rice). Cooked, their skins easily become tender and melt. Mouth-feel, digestion, and nutrient bio-availability are optimized. The plants emerge very fast from the planted spikelets. In the Kusa Seed organization grow-outs, green shoots were visible in 5 days with 2-inch high growth at 12 days. That, is fast. After all, these are overlooked, endangered cereal grasses. They’ve been done an injustice and they want to catch-up to modern times to show what they’re made of. None of the modern large milling or industrial food corporations have been able to replace or surpass the original, authentic, standards for culinary and nutritional excellence, established by these ancient grains.

SPRING DINKEL WHEAT (*Triticum spelta*)

This is a spring growth-habit wheat with legendary bread-making properties. The artisan breads of the European renaissance came from grain like this. The spikelets are golden-tan. The spring grow-habit genetic trait is unusual and extremely rare.

WINTER DINKEL WHEAT (*Triticum spelta*)

This is the customary type of dinkel wheat with winter growth-habit. Travel back in time with this grain which earned its reputation and stripes many centuries ago as “the rice of Europe.” Think cobbled lanes, soaring cathedrals with buttressed arches, storybook rivers with floating barges; you get the picture.

EINKORN WHEAT (*Triticum monococcum*)

This is a spring growth-habit wheat whose spikelets contain one single seed (*einkorn*= German “one grain”). If you think herringbone weave is an attractive garment fabric, wait ‘till you see the architecture of this golden einkorn wheat. Each head is a herringbone-weave masterwork of symmetry with each spikelet pointing the way up, to heaven. As they say, “upwardly mobile.” Yes, this is a heavenly grain of the most ancient provenance (aka “Stone Age Wheat”). It is a *very* undemanding wheat, quite happy and fully content in soils which you’d swear have zero organic-matter content and nitrogen. If you have a dry, stony, arid wasteland, you might be surprised to find einkorn standing there very contentedly and without complaint, some future year — having slipped away from your garden to pursue its own heartfelt freedoms. This is a grain to come to know, both nutritionally and agronomically. Taxi to heaven.

GOLDEN EMMER WHEAT (*Triticum dicoccum*)

This is a spring growth-habit wheat with plump spikelets of golden grain; a very handsome article indeed. And grain pedigrees don’t come more ancient than this. This is a grain that gave birth to human civilization. The scholars have found and identified it again and again at some of the earliest sites of civilization. It was found in the earliest farming sites in Turkey, and fueled the minds and hearts which produced the wonders of Classical Greece. This wheat knows the tangy fog and sun of the Aegean Sea and is most eager to fully demonstrate its sun-kissed and felicitous nature before your very eyes. It well knows that modern eyes need some

re-convincing regarding the practical merit, value, and integrity of ancient things. This is a wheat with a mission: a faculty member ready to teach lessons about beauty and nutritional excellence.

BLACK WINTER EMMER (*Triticum dicoccum*)

This is a winter growth-habit wheat with “knock your socks off” beauty. It will impress the most modern of cereal breeders with its totally erect leaf architecture. Its stems are stiff and lodging-resistant. Heavenly? It reached the amazing and very memorable height of 84” in grow-outs conducted by the Kusa Seed organization. It knows where it’s going and it will take you there, too. For this ancient wheat ancestor, you definitely want to bring a photographer onto your place. Its panicles have the exquisite lacy architectural appearance of wild grasses and when it begins to flower, the flower-parts are a light-show of brilliant gold trembling against pale russet florets. When the heads are finishing with their plump spikelets coloring-up to black, you will find early of a morning, beads of silver dew rolling like drops of molten solder down the obsidian walls of one of creation’s masterpieces.

Establishment Wheat Offer

Order Code: SS-EWO

Price \$14.95

The Establishment Wheat Offer consists of a set of six (6) packets containing different varieties of wheat. Brand names. High octane. Things you can trust. This is where the establishment steps in. After all, genetic-science is complicated, serious stuff, and so can be agronomy, and cereal science. Do you want to go with a winner? Do you feel something around high-horsepower models, “muscle cars,” and Porsche’s silver bullet? Yes? Do you want grains that have had every nuance poured-over by PhD’s? Grains that have been officiously blessed by deans and chancellors — grains produced by an intellectualized army of highly-paid, highly-educated specialists? Things you can *trust*? Industrial-strength grains, whose agronomy can be managed from aircraft by radio, whose output fills 18-wheel trucks and steel railroad hopper cars? Yes? Grains you can *trust*? After all, “ancient grains” are full of curves. Seasons, soils, bugs, weeds — a thousand things can come along and absolutely erase everything you hoped to gain. “That’s farming,” some say. Establishment grains are highly-bred super-performers designed from the ground up to eliminate more of the risks so that you come out “looking good” and smelling like a rose. Does that sound attractive? The Establishment Wheat Offer is composed of high-performance, modern grains; superstars from the superpower of the planet, the USA. These are very useful to become familiar with. Really essential; as basic as a hammer and a screwdriver. These degreed faculty members are like psychiatrists. They can be used like weather vanes. They’ll help you to probe your inner-self to discover the correct path for *you* to take: “ancient grains” or something a tad more modern? Does your “inner child” resemble Timothy Leary? Or is its personality more along the lines of Alan Greenspan? These faculty members can help you to find out. If you are a first-time grain-grower (or even a second or third time), these are really the best classroom to begin your education in.

LEN

A spring growth-habit wheat with hard, red kernels and “green revolution” plant architecture. Len was the most widely grown variety in North Dakota in 1988.

MARSHALL

A spring growth-habit wheat with hard, red kernels and “green revolution” (genetic dwarf) plant architecture. A modern, commercial wheat cultivar.

PHOENIX

A winter growth-habit wheat with hard, white kernels. A genetic-dwarf with lodging resistance. Phoenix was a joint release of the California Agricultural Experiment Station and the University of Melbourne (Australia) in 1981. It is an “industrial strength” wheat with “good milling quality” and “high flour yields.”

SERRA

A spring growth-habit wheat with hard, red kernels. A pure-line selection released by the California Agricultural Experiment Station in 1988. Serra is adapted for fall planting in the large temperate valleys of California and other climes. Serra is another genetic-dwarf with lodging resistance.

TADINIA

A spring growth-habit wheat with hard, red kernels. A pure-line selection released by the California Agricultural Experiment Station in 1984 from a cross originally made at UC Davis in 1970. Adapted for fall planting in the large temperate valleys of California and other climes. “Good milling characteristics for general-purpose flour.”

YAVAROS 79

A spring growth-habit durum wheat (*Triticum durum*) with hard, amber kernels and black awns. This is a genetic-dwarf with lodging resistance adapted for fall planting in the temperate desert valleys of California and other climes. Originated from the National Agricultural Research Institute of Mexico in 1979.

FOOD-BARLEY OFFER NO. 1 Order Code: SS-FB01 Price \$19.95

Food-Barley Offer No. 1 consists of seven (7) packets of naked-barley (*Hordeum vulgare* var. *nudum*). These rare, valuable, endangered cereal grasses have been ignored by modernity (they are not in cultivation anywhere, to the best of the Kusa Seed organization’s knowledge), despite

serious, authentic, culinary, nutritional, medicinal, and agronomic strengths. These are all “folk level” food-barleys; treasures of the earth.

GOPAL

Gopal (KSA 108-069) is a spring growth-habit, two-row, naked-barley from India with very interesting properties and attributes. Gopal’s two-row heads are of delicate structure and are graced by long, beautiful awns that averaged 7” in length in the Kusa Seed organization grow-outs. The crop is not tall and the stems are not strong, therefore be prepared to provide supplemental support against lodging (you’ll thank yourself for every minute invested in this crop). The glumes and grains of Gopal are purple at maturity; richly pigmented with anthocyanic compounds (“anticarcinogenic, antimutagenic, antimicrobial, antiviral; they are found to reduce cholesterol, promote connective tissue regeneration, stimulate collagen formation, improve circulation, enhance vision, boost immune function and reduce inflammation” —Botanical Preservation Corps. The pigments are also thought to be linked to a plant’s ability to germinate its seeds under cold temperatures). A deep, richly-pigmented, water-extract of the grains can readily be prepared (simply by soaking the kernels in water) which contains health-safe natural dyes, safe for food-coloring, fabrics, and as a medicinal beverage. Gopal is a culinary oddity. Not only do the grains have a magical, deeply exotic, health-safe coloration, they also upon contact with moisture, discharge the aroma (scent) of ripe, sun-warmed blackberries (sweet, dense and summery) along with an accompanying taste-note (flavor) that is aptly described as “fruity.” This is a grain that no one else on your block is likely to yet own. This faculty member, with an impressive background and credentials, can be your very own heirloom variety. A really beautiful, 2-row food-barley; a grain to get to know better.

MASAN NAKED 1

Masan Naked 1 is a spring growth-habit, six-row, naked food-barley from Japan. Masan Naked 1 has black-purple seed which could fairly be called “blue.” This barley has nicely barbed awns and vigorous growth. Bring this faculty member to teach and lecture at your place and Masan Naked 1 will pour-out side-shoots (“tillers”) for you like there’s no tomorrow. It is teaching you that it wants to feed your entire family, and then some.

SUMIRE MOCHI

Sumire Mochi is a spring growth-habit, naked food-barley from Japan with purplish-colored grain and dynamic, vigorous tillering (production of grain-bearing side-shoots). Glutinous-trait food-barleys are very, very rare, and this is one of them. Its kernels contain the highly nutritious, efficiently assimilative, amylopectin starch. A very rare grain with outstanding agronomic performance and potential plus invaluable human-nutrition properties.

NAKED FOOD-BARLEY

(Strain KSA 112-470). A spring growth-habit model with good lines and an attractive paint job. Plants bear compact, dense, club-type heads on 26” high stems with overall high yield potential.

NAKED FOOD-BARLEY

(Strain KSA 113-204). A spring growth-habit, six-row barley with racing potential, given a good driver. Height varied from 36-62” in the Kusa Seed organization grow-outs, with a high yield potential. Set-up for drag-racing on the mini-farm. A possible series winner. Turn off that TV right now, grab some seed and start planting! Nice legs.

NAKED FOOD-BARLEY

(Strain KSA 113-834). A spring growth-habit, six-row barley, 34” tall with stiff stems.

WASE SHU

A naked, spring growth-habit, six-row barley from Korea (“the land of the morning calm”). 36” tall, thin stems of modest strength. Never underestimate Professor Wase Shu. The professor hails from an ancient land whose skilled mini-farmers long ago mastered ginseng farming and where barley tea is even today a national drink.

FOOD-BARLEY OFFER NO. 02

Order Code: SS-FB02

Price \$14.95

Food-Barley Offer No. 2 consists of six (6) packets of naked-barley (*Hordeum vulgare* var. *nudum*). These rare, valuable, endangered cereal grasses have been ignored by modernity (they are not in cultivation anywhere, to the best of the Kusa Seed organization’s knowledge), despite serious, authentic, culinary, nutritional, medicinal, and agronomic strengths. These are all “folk level” food-barleys; treasures of the earth.

“AUSTRALIAN BALD SKINLESS BARLEY”

“Australian Bald Skinless Barley” is a spring growth-habit, awnless, naked-barley which exhibited good stem strength during the Kusa Seed organization grow-outs. The small-sized grain of this strain produced plants that were exposed to multiple nights of 16° F. temperatures, at 30 days of age, without harm.

DANGO MUGI

Dango Mugi is a spring growth-habit, six-row, glutinous-starch traited naked-barley from Japan. It has blonde grains and vigorous growth with dynamic tillering activity. This is an exceptionally rare food-barley. (See the “Sumire Mochi” entry in *Food Barley Offer No 1* for more details on the very-rare glutinous-starch trait).

NAKED FOOD-BARLEY

(Strain KSA 108-414). A spring growth-habit, six-row barley, 43” tall with stiff stems.

NAKED FOOD-BARLEY

(Strain KSA 111-585). A spring growth-habit, six-row barley, 38” tall with stiff stems, of Indian origin.

NAKED FOOD-BARLEY

(Strain KSA 111-621). A spring growth-habit, six-row barley, 32” tall with stiff stems, of Indian origin.

NAKED FOOD-BARLEY

(Strain KSA 112-293). A spring growth-habit, six-row barley, 24” tall.

“Miracle Seeds” Barley Offer

Order Code: SS-MSB

Price \$ 19.95

The “Miracle Seeds” Barley Offer consists of five (5) packets of naked-barley (*Hordeum vulgare* var. *nudum*). Each of the five individual cultivars is of outstanding agronomic and culinary quality. All of the cultivars are spring growth-habit. These are food-quality barleys with fast maturity and high yield potential (5,000lbs/ac). The grain can be eaten whole like rice, put whole into soups, milled into flour for bread, noodles, sauces, porridges and dessert preparations. One-third of the world’s 850-million hungry people are located in India. These “Miracle Seeded” food-barleys were created by an Indian agricultural genius 25 years ago (using “old school,” low-tech, classical plant-breeding methods of hand-crossing and selection), and were intentionally designed (“from the ground up”) to add millions of tons of grain to the national pool annually to ameliorate India’s hunger problem. The plants are small and miniaturized, lodging-proof (they have *double* the stem-strength of “green-revolution” wheats), and are richer in protein than the best, top-of-the-line, green-revolution bread wheat. The plants are superbly suited to mini-farming under natural conditions, as they possess high input-conversion efficiency, including a more-efficient tapping of solar-energy and other enhanced plant-function factors. The plants’ nitrogen-conversion efficiency is higher than that of India’s commercial “green-revolution” wheats. The project that produced these special and rare food-barley cultivars originated at the top-levels of the national government of India. But when the project resulted in a “landmark invention” (the high-quality barleys featured in this Offer) things began to go very, very wrong. The highly successful project was abruptly stopped in mid-stride. The genetic genius in charge of the project, the man who created the barleys with the dream of eradicating both India’s and the world’s hunger, was “scientifically assassinated” (his career up-ended). All of the scientifically nurtured barley genetic stocks (thousands of advanced lines of food-barley) were intentionally destroyed in an act of malice by forces dead-set on suppressing the invention. Only these five cultivars listed in this Offer survived (sent to the Kusa Seed organization in a diplomatic bag before the assassination). This “seed story of the century” with its tragic ending is told in complete detail in the paper *India’s Miracle Seeds* (see the Literature section of this Catalog for ordering information). *India’s Miracle Seeds*, a

true story, is recommended reading. Each of the below five cultivars were exposed in the field in Ojai, California, to multiple nights of 16° F. temperatures at 30 days of age without harm. All varieties have lustrous grain, amber-wheatish in color. The limited circulation of some of these seeds in the mini-farming community of the United States during the past ten years has set-off a cult-like buzz about these phenomenal plants. The five varieties are offered here intact as a set for the first time. These are true “survivors.”

KARAN-3

Plants of Karan-3 tiller vigorously, reaching a height of about 20-28”. In the Kusa Seed organization grow-outs, the grain-heads were visible (“exerted”) in 60 days with the ripe grain harvest-ready at 90 days after planting. Kernel protein is 16 percent. Successful under limited irrigation and inputs. Can perform on sick soils with saline-alkaline deposits. 3.5-3.8 percent kernel lysine content. Very good threshability.

KARAN-16

Plants of Karan-16 tiller vigorously, reaching a height of 12-14”. In the Kusa Seed organization grow-out the plants matured (harvest ready) in less than 80 days. Agronomically successful under limited irrigation and inputs. 12.58 percent kernel protein.

KARAN-19

“Star performer” in the Kusa Seed organization grow-outs. 115-119 days. Semi-dwarf stature. Successful under limited irrigation and inputs. Successful on non-irrigated drylands. Can perform on sick soils with saline-alkaline deposits. 14 percent kernel protein.

KARAN-163

115-120 days. Dwarf stature. 16 percent kernel protein. Successful under limited irrigation and inputs. 3.5-3.8 percent kernel lysine content. Very good threshability.

KARAN-351

115-120 days. Dwarf stature. *Does not* sprout in ear. High-yielding. Averages 250 seeds per plant (plant one seed, receive 250). Plant 250 seeds, receive 62,500. How’s that for divine, non-capitalist, open-source performance?

Millet Offer

Order Code: SS-MO

Price \$9.95

The Millet Offer consists of three (3) packets. Millets do not have winter cold-tolerance and must be spring-planted. Prolific grain producers.

“TOBI” BREAD MILLET

Panicum miliaceum, also called “proso millet,” “common millet,” and “broomcorn millet.” A very, very ancient and nutritious cereal. “Tobi” is an extremely-rare glutinous-trait (amylopectin starch) folk-cultivar from Japan (where it probably arrived sometime in the ancient past from Korea or China). This is a true *foodgrain*, an extremely productive cereal-strain. The maturing crop has a fragrance that drives the birds absolutely wild with passionate hunger. Protect all plants at heading-up from bird predation.

FOXTAIL MILLET

(Strain KSA-PI-391691), *Setaria italica*, also called “Italian millet.” Specimens of this cereal have been recovered by archaeologists from Neolithic tombs in China, attesting to its ancient provenance as one of humanity’s important foodgrains. The earliest-known recovery of ancient, desiccated noodles, were associated with this grain. It has yielded a beautiful, nourishing, golden porridge in northern China for millennia. The name “foxtail” derives from the long, pendulous, heads of grain.

DRAGON’S CLAW MILLET

(*Eleusine coracana*). Also called “ragi millet” and “birdsfoot millet.” An important brewing (malting) and food-use grain (the grain must be milled into flour for food use). This is the preferred staple food of the hardest-working outdoor laborers due to its nutritional strength. Amazing tillering properties (prolific production of side-shoots). A mythic and important cereal grain with very fine-sized seeds.

Lentil Offer

Order Code: SS-LO

Price \$19.95

The Lentil Offer consists of seven (7) packets of different lentil cultivars. Each packet contains approximately 200 seeds, enough to plant a plot approximately 6’ x 10’ in size.

INTRODUCTION:

Lentils are an ancient grain-legume crop with a long and fascinating history. They are considered one of the most delicious and nutritious of the grain-legumes. Rich in protein and minerals, their edible grains have been an important nutritional resource for thousands of years. Lentils have modern importance and significance as a health-positive fitness food. The lentil is an outstanding grain-legume closely associated with some of the most ancient sites of cereal agriculture. For thousands of years, lentils have co-evolved with and accompanied the cereal grasses as the latter have played their transformational role in human history.

Commercial lentil cropping in the United States is relatively recent, dating to the 1940s. Lentils were introduced into the United States at a much earlier date but for decades their culture was chiefly in home gardens. Lentils are easily grown in the garden and on the mini-farm and are rewarding subjects for the effort and attention of today's organic gardener.

CULTURE

Culture of lentils is similar to peas. They can be direct-seeded or transplanted after raising in trays. Lentils are cold-hardy and can be planted before danger of frost is past.

VARIETIES

The lentil genera are divided into two main groups. Each group has different, distinct, recognizable grain. The names of the two groups are *Microsperma* ("Persian or Turkish type") and *Macrosperma* ("Chilean or Spanish type"). *Microsperma* types produce small globular or roundish seeds. *Macrosperma* types produce larger, flattened seeds whose grains are lens-shaped. Botanically, *Macrosperma* arose out of *Microsperma*, and the latter is regarded as the more ancient of the two types.

This Lentil Offer features lentil seed varieties with good performance potential for the mini-farm. Individual lentil varieties respond differently to climate, soil, date-of-sowing and other environmental factors. For those and other reasons, gardeners and mini-farmers will find it worthwhile to experiment with several different varieties when growing lentils at the homeplace for the first time.

Following, are descriptions of the seven lentil varieties contained in the Lentil Offer.

BREWER LENTIL (*Macrosperma*: 'Chilean type')

Large flat seeds, beige seedcoat color with some brown marbling, some seedcoats have a rosy hue. Inner meat yellow in color. Plants are semi-upright with large leaves and profusely branched. Has yielded 20 percent higher than 'Common Chilean' cultivar.

CRIMSON LENTIL (*Microsperma*: 'Persian Type')

Inner meat is bright orange. Tiny oval seeds. Strain originated in Giza, Egypt. Seedcoat color is uniformly light brown in color. Grains are similar to 'Spanish' but 'Spanish' inner meat is yellow. Plants are erect, moderately branched and pods contain 1-2 seeds.

REDCHIEF LENTIL (*Macrosperma*: 'Chilean Type')

Large, flat seeds. Bright-red inner meat. Plants are semi-upright and profusely branched with strong root systems. Very uniform in height and in days-to-maturity.

SPANISH LENTIL (*Microsperma*: 'Persian Type')

Old landrace mixture of similar but slightly different varieties. Seed coat color ranges from mostly brown, through creams to black. Some seedcoats have greenish hues. Some mottling with black peppering of sports. Inner meat color is yellow.

VANGARD LENTIL (*Macrosperma*: ‘Chilean Type’)

Seeds are extra-large in size and flat. Seedcoats are greenish-tan without mottling. ‘Chilean type’ lentil with yellow inner meat color.

LENTILLES PETITE (*Microsperma*: ‘Persian Type’)

French gourmet strain with tiny oval seeds owl-gray to green-black in seedcoat color. Many seeds are beautifully marbled in greenish-bluish-black hues resembling NASA photos of earth as viewed from space. Similar in size to *Crimson*. Inner meat is yellow in color.

BLACK SYRIAN LENTILS (*Microsperma*: ‘Persian Type’)

This cultivar has tiny oval seeds with a jet-black seedcoat color. Inner meat is yellow in color. The dried matured fruits of this grain-legume are quick-cooking, melting down into a delicious paste with outstanding culinary attributes.

(See the Literature section of this Catalog for ordering information for two lentil publications: *Lentils for the Organic Garden and Mini-Farm, A Cultural History and Guide*, and *Lentils: Ancient Nutrition and Modern Cookery*. Both publications are recommended reading to obtain the fullest enjoyment and benefits of working with this ancient, time-honored, edible seedcrop).

“Everything You Got” Offer

Order Code: SS-EYG

Price: \$ 159.00

The “Everything You Got” Seed Offer consists of all the Seed Offers listed in this Catalog (ten Offers total, containing 58 different seed packets).

Literature Offers: Abstracts

TITLE: *The Architecture of Whole Grain* Order Code: LIT-AWG Price: \$2.95

Abstract: This short but thought-provoking paper was written to serve as the introductory preface for one of the three volumes of a handbook covering the “Lost Arts” of human foodgrain. This paper examines two important and significant separate human “culture elements” — architecture and cereal agriculture — focusing-in on the nexus of the elements’ respective transition from the practices of the past into the period historians now term “modern.” The central observation of this paper is the venerable argument that the baby was cast out along with the bathwater. In architecture, “a 400 year-old tradition of beauty called *renaissance architecture*” was unceremoniously abruptly discarded by “civilized” humanity. Whilst in cereal agriculture, during the same time-period, a “10,000 year-old human nutrient tradition of biochemical, cereal, wholegrain cellular beauty was entirely dismantled in a ‘sea change’ which saw the closure and disappearance from the landscape and social fabric of 12,000 wholegrain, stone (grist) mills in the United States. Thus the masters of the people were changed, and therefore their destiny.” In this paper, a blacksmith named “History” stands working at his forge. This paper visits the forge, describes the smith, and tells readers in memorable detail how the hammer-blows fell and shaped the workpiece. For this paper, flying sparks were caught and changed into words. A guide to the trailhead for those desiring to explore, hands-on, “ancient grains” today. A “glowing coal” to light the fire of inspiration. 2,000 words. 14 footnotes. 5 bibliography entries. No illustrations. 2006.

TITLE: *A Commentary on Culinary Maize* Order Code: LIT-CCM Price: \$19.95

Abstract: Keywords: 1. Cereal crops; culinary use. 2. Maize (*Zea mays*). 3. Corn. 4. Nixtamal. 5. Masa. 6. Tortillas. This paper critically examines maize culinary working knowledge at the kitchen and consumer levels in the contemporary United States, finding such knowledge severely wanting, “as if, in the space of 100 years, we had collectively forgotten 5,000 years of past history.” This paper argues that the linkage which connects an individual maize strain to its culinary end-use application, is stronger; more pronounced; of more critical importance; and more conscribing in maize than in any other cereal crop. This paper summarizes and briefly describes the five major types of maize, synopsisizing and commenting on their individual culinary applications. The heat-alkali maize food-processing technique (*nixtamalization*) is presented and described in detail along with the separate but closely-related technique of culinary-ash cooking. Blue corn, black corn, parching corn, tortillas, and corn-oil are each discussed, including biochemical facts. Maize industrialism is scathingly criticized — the author calls it “a monster” and “a nightmare.” The paper includes a vignette of maize athleticism in the orient (Tibet/China) and presents tortilla-consumption statistics for Mexico. 20,000 words. 134 footnotes, 54 bibliographic entries, illustrations. Glossary. 5 Appendixes, including “Why is Maize ‘Sacred’?” Two valuable supplementary bibliographies are included, one on the Hopi Native Americans (18 entries) and another “Corn of the Southwestern United States and Northwestern Mexico; History, Nutrition, Cookery, and Classification” (44 entries). 2007.

TITLE: *A Church of Grain*

Order Code: Lit-COG

Price: \$9.95

Abstract: This paper briefly describes the philosophical underpinnings behind the establishment of a nonprofit, environmental-education organization. *The Kusa Seed Research Foundation* was founded in 1980 in Ojai, California, its mission devoted to humanity's edible-seedcrop nutritional-resources. The seed organization's work is focused on the dual tasks of crop-seed stewardship and public education. The central theme of this paper is an exploration of the structural similarities shared by the novel seed organization and by religious organizations, with their churches and temples. This document also serves as the launch vehicle for a fund-raising endowment campaign. As the paper explains, the purpose of the endowment campaign is to make it possible for *The Kusa Seed Research Foundation* to open and operate its long-awaited Seed Sanctuary. The Seed Sanctuary is a property dedicated to seed-renewal, seed archiving, and edible seedcrop educational activities. Both the endowment campaign and the work of *The Kusa Seed Research Foundation* are examined, explained, and reviewed in this paper. 12,000 words, 26 pages. Bibliography and Notes. September 2002.

TITLE: *Celebrating Thanksgiving*

Order Code: Lit-CTS

Price: \$2.95

Abstract: The "Thanksgiving" holiday of the USA (fourth Thursday in November) is fondly regarded by many as a day of focus on family warmth and a shared communal meal. The modern version of "Thanksgiving," with turkey meat as the centerpiece of the meal, is a far departure from the original celebration which took shape in the New World. The original New World "Thanksgiving" was a recreation of a cereal harvest festival rite, a tradition with ancient European roots. Today's Thanksgiving version is a distortion or perversion of the original New World observance. The Old World version of the rite included a celebration of the European concept of the Commons; a concept of considerable modern importance. This short paper examines the historical roots of Thanksgiving as a cereal rite while lamenting the modern industrialization and distortion. "*Behind the bloodless meats wrapped in plastic in North American grocery stores, reverberates another story; the production and transformation (or aberration) of a historical grain feast into a meat-eating rite.*" Valuable and neglected historical facts. 2 typescript pages. Illustrated. 1995.

TITLE: *Delicious Plant Food Cuisine*

Order Code: Lit-DPF

Price: \$ 9.95

Abstract: This paper describes the contents of a dozen food dishes (menu items) comprised entirely of plant-foods (no animal-food substances present), prepared for the graduation day of a macrobiotic-cuisine cooking class in Japan (the class took place around the year 1990). The dishes, pictured in a table-top food-photograph, are assigned numbers and a detailed description of each pictured dish is given in text form. The term "macrobiotics" is given an in-depth explanation. Historical details along with commentary on individual plants, foods, and social patterns (veganism and Buddhism) are presented. The consumption of plant-foods among the Inuit (Arctic) and Tibetan high-altitude nomads is mentioned briefly. 4,000 words, 11 typescript pages, two color photographs. 27 footnotes, Glossary and Bibliography. April 2005.

TITLE: *Einkorn Wheat, the Cereal of the Iceman!* Order Code: Lit-EWC Price: \$2.95

Abstract. In 1991 in the Italian alps, lost hikers traversing the melting edge of a glacier, discovered “one of the best preserved mummified humans ever found. Discovery of ‘The Iceman’ as the mummy was quickly named, attracted fascinated interest worldwide, as the popular mind seized upon the dramatic event of a 5,300 year-old visitor from the Copper Age returning to visit modern times.” Fragments of the heads of Einkorn Wheat were recovered from the Iceman’s belongings, fueling this paper’s description of that “Stone Age” wheat. “According to scholars, during the Neolithic’s Copper Age, Einkorn Wheat was one of the chief wheats. It was grown on mini-farms scattered all over central and western Europe. Across the Alps, it held a similar status throughout the Mediterranean region of Europe.” Pull up a comfortable chair and settle back with the amazing story of “Otzi” and his ancient wheat whose genetic purity remains intact and untouched today. Perhaps you’ve bought the living seed (*Wheat Ancestors Offer* in the Seed section of this Catalog) — now read the life-story of this vital cereal. Educational! Accurate! Help restore an endangered cereal grass to human nutritional relevance! 8 typescript pages. 1999.

TITLE: *Food-Barley, A Key to the Peaceable Kingdom?*

Order Code: Lit-FBK Price:\$ 2.95

Abstract. This paper examines the archaeological reportage and subsequent commentary by thinkers, regarding humanity first-ever city (6800 B.C., 7,000 inhabitants) and its social conditions, a period of time during which “life was held in reverence and peace reigned for an estimated 4,000 years.” This period coincides chronologically with the heyday of food-barley mini-farming in Europe. Food-barley was *the* staple food, as documented by archaeobotanic evidence from numerous sites. This paper offers a look into the positive side of human potential and the transformational synergy between cereal grain and human biochemistry. 6 typescript pages. 14 footnotes. Bibliography. 2004.

TITLE: *Genetic Engineering of Seeds.* Order Code: Lit-GES Price: \$ 2.95

Abstract. This paper is the text of remarks delivered at “Food for Thought: Genetically Modified Organisms in Agriculture and Food,” a Public Teach-In held in Ojai, California, Saturday, April 8, 2000. Among the topics examined are the violence of the “gene gun” wielded by the agronomic genetic engineers, along with their associated jargon of military-type terms; a mindset whose overarching purpose is to “extend corporate dominance.” The perspective of Buddhist philosophy is introduced and the sequencing of the human genome by the Celera Corporation opined on. The remarks forecast the emergence of “biological war” as a new second monster risen from the human psyche to stand in threatening dominance over humanity, shoulder-to-shoulder and hand-in-hand with its dark murderous predecessor, thermonuclear weaponry. 7 typescript pages. Footnotes. Bibliography. 2000.

TITLE: *History Group*

Order Code: Lit-HSG

Price: \$9.95

Abstract. The History Group literature offer is comprised of eight individual pieces of literature drawn from some of the lifespan of The Kusa Seed Research Foundation: (1) “*Grain from the Sun*” 1986. Ten pages. Observations on the relationship between cereal grains and the sun, with consideration of the spiritual significance of the sun. First edition of a treatise urging restoration of the sun-drying, field-curing of grain. Referenced to folk-knowledge, the ancient traditional practice of grain-curing or after-ripening is discussed and the unripeness of modern-day cereals, especially unpolished rice, is considered. Important reading for those eating grain as staple food; (2) “*New Age Seeds*” 1986. Seven pages. In-depth interview with Lorenz K. Schaller, the founder of The Kusa Seed Research Foundation. Thoughts, opinions, and observations about life and crops. Presents the thesis that grains actually are a dimension of human intelligence; (3) “*Cereal Grains of Peace*” 1987. One page. Proffers a thesis that a message of peace is being carried to humanity by the DNA of cereal grains; a message from the core of life. Comments on the cereal-grain-staple lifestyle; (4) “*Working for the Future*” 1989. Four pages. “Free Press” interview with Lorenz K. Schaller. Seed-thoughts on the cereal-grain-lifestyle and biotechnology. Comments on the thesis that “cereal grains are the ultimate subliminal tapes.” Interesting!; (5) “*Growing With Grains*” 1991. Five pages. Another in-depth interview with Lorenz K. Schaller. Crop-breeding, life-force of food, religiosity of agriculture, “the ancestral treasure-house,” happiness and freedom, and much more; (6) “*Why Plant Grains?*” 1992. Four pages. A philosophical treatise of practical interest to gardeners, mini-farmers, teachers, and educators. Revelations of modern myth-making, wisdom of the ancients, extensive response to the question posed in the title. A paper originally prepared and written for, Jungian depth-psychologists; (7) “*Wheat Biodiversity*” 1994. Two pages. Poetic and technical paper. Includes clear and concise explanation of wheat terminology: winter/spring; soft/hard; kernel colors; protein/gluten. Praised for its elucidation and clarity of its topic; (8) “*Survival Wisdom*” 1995. Four pages. “Professor of Grain” comments on history of macrobiotic cereal-cult in North America. Importance of rural lifeways, discussion of future and Hopi prophecy. A hidden gem of a paper, much knowledge to ponder.

TITLE: *India's Miracle Seeds.*

Order Code: Lit-IMS

Price: \$19.95

Abstract. This is a true story about world hunger and the heroic accomplishments of one human being, an agricultural-genetic genius, to deliver a practical solution. Beginning with landrace stocks of indigenous food-barley and employing classical “old school” methods of hand-crossing, a deep pool of agronomically-sophisticated food-barley plants was created, then exhaustively scientifically tested and proofed. A pipeline was readied to deliver the seeds for these plants to the poorest farmers on the planet. “*The new plants were highly biologically efficient capable of high grain yield under low-input and stress conditions. Nutritionally rich in protein and lysine, the plants are adapted to low-fertility, poor irrigation, and tolerant of alkaline and saline soils, with the capability of yielding 5,000 pounds of grain per acre.*” A major national scientific program had yielded a genuine solution to resolve national and global hunger via a viable set of “miracle seeds” for dispossessed mini-farmers struggling to reach the bottommost rung of the ladder. Inspected and confirmed by the elite accoladed leaders of Western

agronomy's "green revolution," the new agricultural invention shone bright with promise. And then, the bottom fell out. Human avarice staged a violent "scientific assassination" (the scientific creator of the plants had his career up-ended), production fields holding the irreplaceable seedling genetic-stocks were tracted-down (disked-in at sunset) and the entire foodgrain project was savagely destroyed. Five of the foodgrain "miracle barley" strains survived and are presented in the Seed Section of this Catalog. Here is the true story of historic-scale, genuine "good work" and the dark forces that rose up to stop it. A critical contribution to the literature on the issue of world hunger. "*The seed story of the century. A must read.*" 11,000 words. 42 footnotes. Bibliography. Profusely illustrated. 2000.

TITLE: *Into A New World*

Order Code: Lit-INW

Price: \$ 7.95

Abstract. A millennial assessment of the past history and future well-being of the Kusa Seed organization, as written-up by its founder, Lorenz K. Schaller, at the organization's 25-year mark, in 2005. The assessment opens with two penetrating quotations drawn from two of the leading lights of the twentieth century: Jiddu Krishnamurti and Lima Ohsawa. The Kusa Seed founder explains the inner personal background which caused him to found the seed organization and why the name *kusa*, a word from the ancient Sanskrit language was chosen. The text discusses the creation of two multi-purpose instruments; a set of "lost art" handbooks written for the public which are also designed to act as propellants to carry the seed organization forward into the new millennium. The assessment takes a look at the Buddhist philosophic tradition of vegan food, using the vignette of a folktale from old Japan. The assessment (subtitle: "An interview with Lorenz K. Schaller") closes with a few questions and answers (protecting rare grains; upland rice; and other topics). 5,000 words, 2 color photographic images, one black-and-white photographic image. February 2005. (Also published on the World Wide Web, February 2005 at: < www.macrobiotics.co.uk/intoanewworld.htm >).

TITLE: *Lentils: Ancient Nutrition and Modern Cookery*

Order Code: Lit-LAN

Price: \$ 4.95

Abstract. This booklet tells the valuable nutrition story of lentils, formerly called "the poor man's meat." According to information issued by The Physicians Committee for Responsible Medicine in Washington, D.C., lentils have a very rich part to play in the modern health and well-being movement, due to their premium position in the "new Four Foods Group." This booklet presents nutritive information about lentil protein, vitamins, and minerals. It also presents more than a dozen creative recipes, utilizing lentils in delicious natural-food cuisine. Based on their history and traditions as staple, sustaining foods, this booklet is a guide to the ancient folk culture of lentils and their extraordinary value in human nutrition. 11 typescript pages. 1992.

TITLE: *Lentils for the Organic Garden and Mini-Farm, A Cultural History and Guide*

Order Code: Lit-LOG

Price: \$4.95

Abstract. A comprehensive booklet covering detailed features of the lentil crop for the organic grower. The ancient history of the crop is reviewed, its status as a Biblical food (Christian) and food of ancient classical Greece and Rome is reviewed, and the story of its evolution from stony hillside sites is explained. Its cereal grass companions from ancient Greece, Syria, Turkey, and Bulgaria are listed. Complete, valuable “how to” techniques for successfully growing the crop using organic methods are provided in thorough detail. This Guide is indispensable to anyone planting lentils. If you’re an “armchair adventurer,” reading this crop-history will fascinate and inspire you with knowledge and exciting facts! 10 pages, typescript. 1992.

TITLE: *The Life Story of Chia, Food of the Vision Quest, Runner’s Porridge*

Order Code: Lit-LSC

Price: \$ 2.95

Abstract. The life story of chia (*Salvia columbiare*), an important edible seedcrop among the Native Americans prior to the European arrival. 4 typescript pages. Poetic and technical. Today’s “power bars” are a joke compared to this authentic, genuine, athletic fuel! 2000.

TITLE: *The Life Story of Japanese Barnyard Millet* Order Code: Lit-LSJ Price: \$2.95

Abstract. The life story of Japanese Barnyard Millet (*hie*), *Echinochloa utilis* (and also *E. frumentacea*), also called (in the U.S.) “billion dollar grass.” 4 typescript pages. Rare info on a neglected, important crop. 1998.

TITLE: *A Life on the Wild Side*

Order Code: Lit-LWS

Price: \$ 9.95

Abstract. The life-story of a North American wild grass (*Muhlenbergia rigens*) provides a window of opportunity to discover and discuss some details of the earliest-known utilization of wildcrafted edible seeds for human food, as practiced by the Native Americans living on the continental edge facing California’s Santa Barbara Channel, in ancient times. “*The harvesting of grass seeds for food is the one singular human activity which gave birth to civilization — scholars worldwide are united and unanimous on this point. Cerealian acquisition is the great dividing-line between savagery and sophistication, say the savants. Humanity’s acquisition of grass-seed nutritional/culinary technology is the one single most transforming event in the history of up-right walking man, homo erectus. And the ancient citizens of California — California’s “native children” — were past masters of this epochal, transformative acquisition. Basketry was a critical element intrinsic to the successful development of the native proto-cereal technology. Not only were seed-beaters, transport-baskets, winnowing-trays, sieves and granary containers sophisticatedly created, there were also many other forms of basketry. Remarkable to this writer are the ancient’s parching-trays, their leak-proof water flasks, and their cooking baskets. For many of these critical culinary-technology objects, coiled-basketry was the architectural key — and the core of that key was Muhlenbergia rigens. With parching-*

trays (sturdy trays sometimes given a surface-paving of clay), seeds could be roasted, using small hot stones or glowing coals of wood. The roasted seeds could then be milled. Milling transformed the roasted seeds into edible pastes; 'the tsampa of the shores and canyons' of early California. Here we have what scholars have identified as civilization's first food. Edible pastes are the earliest form of porridge and the bedrock of the cerealian way-of-life. Here is the bridge humanity needed, to create civilization." This paper examines the critical technological inventions made by these skillful prehistoric peoples and awards high-marks to the health-safe aspect of their food. In contrast to the ancients, our modern footprint presses down large and hard on the natural resources of our only home. This paper is a sketch in an art gallery, depicting the stage just before the appearance of cerealian agriculture, itself a development fundamentally grounded in "prior art." 12 typescript pages. Glossary. 26 footnotes. Appendixes. Bibliography. Illustrated. 2002.

TITLE: *Planting & Growing Instructions* Order Code: Lit-PGI Price: \$ 1.95
Abstract. These are the guidelines shipped by The Kusa Seed Society with every purchase of seed from this Catalog. The guidelines cover the basic steps in foodgrain propagation, from start to finish. (If you have ordered seed from this Catalog, do not order this publication. It will be shipped to you free of charge with the seed). 2 typescript pages. 2007.

TITLE: *Preserving Seed Diversity* Order Code: Lit-PSD Price: \$4.95
Abstract. Course lecture by Lorenz K. Schaller, delivered May 10, 2000 to Course AG-X215 ("Organic Agriculture") at Cal Poly College of Agriculture, San Luis Obispo, California. An examination of some of the changed landscape in seedcraft and society as a result of the industrialization of agriculture and academia. One piece of evidence introduced is a publication authored by one of California's chief seed-certification agencies, located at the publicly-supported University of California at Davis, entitled "Ten Reasons Not to Save Your Wheat Grain for Planting or Seed Sale." The tract, issued from the top-tier of the establishment's power-pyramid, threatens grain producers with legal sanctions (5 of the "Ten Reasons") in a piece of baldly prejudicial counsel advocating complete dependence on proprietary, private-sector seed companies. Land-grant colleges, originally the "friend of the farmer" have today become advocates for overarching corporate dominance. Old-time farm values of self-sufficiency and self-reliance, and the vital concept of a "Commons" in this most vital of all human activities — agriculture — have fallen off the establishment's agenda. Big job titles, high salaries, generous pensions are contrasted with a bald display of moral turpitude, a dearth of social conscience, failed public interest and direct opposition to the ideals of a human "Commons." Extensively footnoted. Bibliography. Appendixes. 15 typescript pages. 2000.

TITLE: *What's Up With Triticale?* Order Code: Lit-WUT Price: \$ 2.95

Abstract. This paper, written for small-scale grain-growers, discusses the cereal crop *Triticale*, a wheat-rye amalgam. The natural history of the crop is reviewed, the moniker “the first man-made cereal crop” is examined, and the philosophical and human-health aspects of *Triticale* are opined on. Science’s “silver bullet” and “golden bullet,” projectiles shot from the sidearms of well-paid agronomy-genetic gunslingers, have their trajectories traced in a piece of forensic agronomy. This paper is potential reading material for Baby Boomers and anyone else either entering or well-established in the craftwork of small-scale grain-production. The paper has been called “one of the gems of mini-farming literature.” Plant sex! Exciting! A fly-on-the-wall’s view of modern agronomic science. 8 typescript pages. Bibliography with 9 entries. 2000.

TITLE: *Everything You Got* Order Code: Lit-EYG Price: \$ 124.00

Abstract. “Everything You Got”, consists of all the literature sold in this Catalog, combined into one single Literature Offer.

Seed Storage Supplies

Seed Storage Pouches. These are the same pouches we use to store seed in our scientific archive. Heat-seal with a clothes-iron set to “cotton-wool.” Foil-barrier wall for ultra-low moisture transmission. Re-sealable (cut-away used portion with scissors and re-seal). Place a label inside the pouch and label the exterior with a laundry-marker (large pouches) or a CD-pen with writing covered by clear shipping tape (small pouches). Sold in packs of five (5) pouches per pack. The small pouches measure 4” x 6” and are silver-foil with a varnish coating. The large pouches measure 9” x 12” and are paper/poly/foil/poly with a white exterior.

Small Pouches (pack of 5)	Order Code: SSS-4x6	Price:	\$2.50
Large Pouches (pack of 5)	Order Code: SSS-9x12	Price:	\$5.00

The Kusa Seed Society Annual Membership

- **Friend.** Good for one year. \$45 (USA), \$55 (All other countries). Receives the set of five “Life Story” brochures and a copy of The Cerealist, Issue No. One.
- **Sponsor.** Good for one year. \$100 (USA), \$125 (All other countries). Receives the set of five “Life Story” brochures and a copy of The Cerealist, Issue No. One, plus Lentil Seed Offer (SS-LO) and two lentil publications: Lentils: Ancient Nutrition and Modern Cookery and Lentils for the Organic Garden & Mini-Farm, A Cultural History & Guide (Lit-LAN and Lit-LOG).
- **Patron.** Good for ten years. \$1,000. Receives the set of five “Life Story” brochures and a copy of The Cerealist, Issue No. One. Also includes all the Seed Offers listed in this Catalog and all items of Literature listed in this catalog (i.e. a complete package of everything in this Catalog).

(Attention! Members and customers in countries outside the USA. To receive your seed packets you must furnish a USA ship-to address).

“Life Story” Brochures and Cerealist Magazine

The “Life Story” brochure series is comprised of a set of five (5) individual fold-out brochures detailed five individual “ancient grains”: grain-amaranth; kamut-brand wheat; quinoa; spelt-wheat; and t’ef. This set has been acclaimed as “the best writings ever published” explaining these grains. This is a set of five gorgeously printed, poster-size brochures published in 1994. Exquisite collector-item works of art. Illustrations in full color. Text typeset. Printed on archival-quality heavy-weight coated-stock. Overall size (folded-out) of each brochure is 9” x 24”. Six panels per brochure, two columns per panel. Each brochure is profusely illustrated with grain ethnography airbrush art-paintings by Texas’ “master of the air-brush,” Robert McSpadden. Outstanding collectible, display, or gift item. These spectacular “Life Story” brochures are not sold. They are sent to each new Kusa Seed Society member as a free gift as a way of saying “thank you” to Kusa Seed Society members for their membership support. Limited edition and stocks. Limit: one set per member.

The Cerealist, Issue No. One. Historic magazine on edible seedcrops published in one issue in 1989 on archival paper, 20pp. Issue No. One is filled with articles, illustrations, book reviews, and facts. This historic piece of literary-art is not sold. A copy is sent to each new Kusa Seed Society member as a free gift as a way of saying “thank you” to Kusa Seed Society members for their membership support. Limited edition and stock. Limit: one issue per member.

