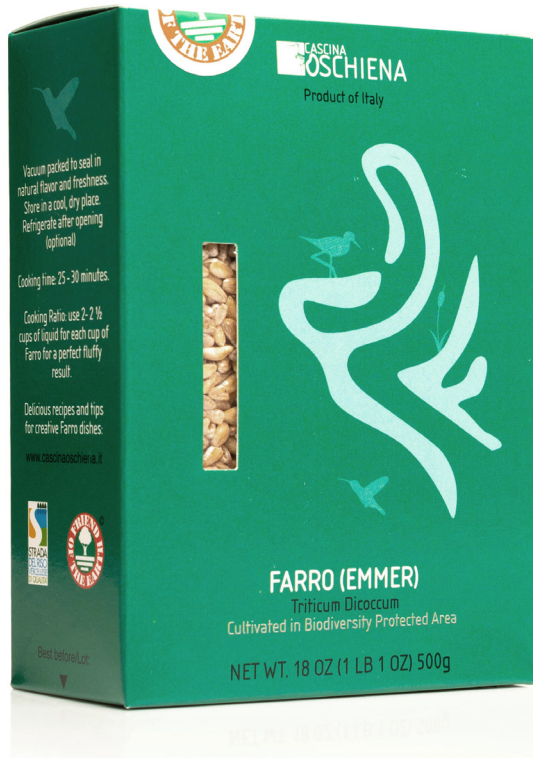


FARRO



SENSORY PROFILE

Farro (emmer) is an ancient type of wheat (scientific name is *Triticum Dicoccum*). Farro is excellent for salads, soups, stews or as an original alternative to risotto. It is rich in protein, minerals, fibers and vitamins - and therefore ideal for a healthy and balanced diet. This farro is semi-pearled, which means part of the bran is removed, but still contains some fiber. Cascina Oschiena is one of only five farms in Italy to grow classic rice varieties; they grow rice sustainably with care and precision in the province of Vercelli, and much of their land is a designated nature preserve.

TRADITION

Cascina Oschiena is a one-of-a-kind rice and grain producer and biodiversity champion headed by Alice Cerutti in the region of Piedmont, Italy. Classic Arborio, Classic Carnaroli, and farro are just some of the ancient grains they grow on their land, 25 hectares of which have been turned into a nature preserve (where the migratory bird Blacktailed Godwit that inspired their logo can often be found). They practice the historical method of rice farming through flooding, using a gravity-based system of funneling naturally flowing water from the nearby mountains to flood their fields and replenish the groundwater. Their ancient varieties of rice are soft-milled and unaged. Cascina Oschiena is a member of the ECORice project. For Alice and Oschiena, growing rice means being a steward of the environment.

CERTIFIED FRIEND OF THE EARTH



RETAIL SIZE	500g box
ITEM NO	CO5005
UPC	8057094230358
CASE	6/case
CASE WEIGHT	7 lb.

REVISED 4/24/2023

