



SEQUERCIANI

Grano



S.S. SEQUERCIANI SOCIETÀ AGRICOLA
LOC. SEQUERCIANI - 58023 GAVORRANO (GR) - ITALY
FISCAL CODE AND VAT N° IT-01 44 97 30 538
TEL + 39 0566 028053 / +36 340 2637849
INFO@SEQUERCIANI.IT

WWW.SEQUERCIANI.IT



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SEQUERCIANI PASTA

***The ancient wheats
of Sequerciani***

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Our range “The ancient wheats of Sequerciani”

Sequerciani is committed to the cultivation of wheat “...that is of an ancient type...”, i.e. original in its genetic structure that, unlike the new, modern varieties of durum wheat on the market, have not undergone the mutation caused over the last 70-80 years with the advent of biochemistry and genetics used in intensive agriculture to increase production yield.

In other words, ancient wheat is only the types of wheat from the past that have remained authentic and original, i.e. that have not undergone any modification intended to increase productivity.

Sequerciani adopts this type of cultivation using a three-year cereal-pulse-oil seed rotation, over a total area of 15 hectares. The products harvested and sold all have Bio (Bioagricert) and biodynamic (Demeter) certifications.

The ancient types of wheat sown by Sequerciani are Senatore Cappelli (durum wheat) and Verna (soft wheat). Sequerciani also carries out experiments each year to recover other ancient types of wheat, managing to create a real “seed bank”.

The main differences between ancient wheat and conventional wheat:

• **NO FUNGICIDE AND PESTICIDE USED**

“Ancient wheat” is taller with harder bracts: the wheat is more vulnerable to wind and rain, but, unlike conventional (shorter) wheat, it is not subject to attacks from parasites and fungi and therefore do not require constant, massive treatments with pesticides, weedkillers and fungicides.

• **LESS PROCESSING**

Less refined flours are obtained from ancient Sequerciani wheat, as they are cold ground (using a stone or cylinders), compared to the type of flour obtained from modern wheat. Thanks to the way in which it is processed, the flour produced can be considered as semi-wholemeal, with much more of the nutritional properties maintained compared to 0 and 00 flour.

• **LESS GLUTEN**

The way in which modern wheat has been modified and undergoes large-scale treatments have caused it to become much richer in gluten, with all the disadvantages that it creates for our organisms. Ancient wheat, on the other hand, maintains a more balanced ratio between starch and gluten, containing a lower percentage of this protein that has been much debated lately; this balance, in addition to making the product lighter and easier to digest, aids the absorption of minerals such as calcium.

• **IT AVOIDS THE DEVELOPMENT OF INTOLERANCES**

Gluten sensitivity, i.e. the developed sensitivity to gluten that is found more and more frequently in recent years, is probably due to excessive consumption of modern wheat that is overly rich in gluten content. The advantage of using ancient wheat, better still if interchanging with gluten-free cereals, prevents or at least reduces the possibility of developing a gluten intolerance.

Warning: In the same way that Coeliacs cannot eat modern wheat, they cannot eat ancient wheat either as a part of their diet.