

## Heritage vs. Modern Wheats: What are the Differences?



### Joy Hought

*Director of Education, Native Seeds/SEARCH*

Once a highly regarded staple of civilization, wheat is now perceived by many to be a scourge to our health. Wheat is linked to increases in gluten sensitivity, allergies, depression, even obesity. In this talk, Hought will discuss current knowledge about changes in wheat protein and nutrition from ancient to modern times, as well as wheat-breeding techniques.

Hought teaches Seed School, Grain School, and seminars on biotechnology. She earned an MSc in agroecology from the Norwegian University of Life Sciences. Her research focuses upon wheat nutrition and genetics and the revival of local grain-production systems.

Lunch will feature rolls baked with heritage wheat from Hayden Flour Mills.

**Thursday, March 27, 2014**  
**12:00 - 1:15 p.m.**

Wrigley Hall, Room 481  
Arizona State University, Tempe campus  
(lunch will be provided)



**RSVP link:** Download any free QR-Code reader app to your smart phone. Scan this code and it will take you directly to the RSVP page.

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