

AGRICULTURE FROM THE PAST

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GRANO



Italian grains are many, but Sicilian ancient grains are very interesting and good for health. The evolutionary history of wheat and man have walked together and influenced each other.

A link that began with the cultivation of monocot spelt (*Triticum monococcum*).

Wild Triticums are the first to come into contact with humans. Local agriculture has preserved ancient wheat varieties, especially in Sicily.

And in fact, in this region, we find the most famous types of these Italian grains.



Today they are a precious heritage both for their organoleptic properties and for their value in terms of ecological conversion with a view to protecting the environment.



Co-funded by the
Erasmus+ Programme
of the European Union



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Cultural Organization



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