

Great grains: Hen Gymro – the Welsh wheat, a local growing story

Chair: Steven Jacobs, [Organic Farmers & Growers CIC](#)



Speakers: Anne Parry, Felin Ganol; Andrew Neagle, Anuna Craft Bakery;
Rob Penn, author, forester, baker; Emma Williams, Y Felin;

Hen Gymro ("Old Welshman") is a landrace wheat of South West Wales that clung on in cultivation into the 1920's - longer than any other British wheat landrace.

In this session, we hear how this wonderful wheat has been brought back to life and back to mills and bakeries across Wales.

The speakers talk about their own part in the Hen Gymro story and about how well it grows, mills and bakes as demonstrated by the results of research by IBERS looking at this old Welsh wheat's nutritional composition. A mouth-watering treat.



There were no slide presentations at this session.

This was simply people with stories, bread, some flour and a few stalks of wheat.



Rob Penn -

<https://robpenn.net/slow-rise-a-bread-making-adventure/>



Felin Ganol watermill - felinganol.co.uk

Y Felin watermill - <https://www.y-felin.com/>



Anuna Craft Bakery - <https://www.facebook.com/ANUNABakery/>

The Welsh Grain Forum - <https://www.instagram.com/welshgrainforum/>



Steven Jacobs spoke briefly about a group of farmers, millers, bakers and scientists supported by UK Grain Lab & the Gaia Foundation & who are advocating on behalf of greater diversity of plant material to be given room to fit within seed breeding legislation.

<https://www.seedsovereignty.info/resources/legislation/>

