

# Contents

|            |  |     |
|------------|--|-----|
| Chapter 1. | <b>Einkorn</b>                                       |     |
|            | <i>Petr Konvalina and Heinrich Grausgruber</i> ..... | 9   |
| Chapter 2. | <b>Emmer wheat</b>                                   |     |
|            | <i>Petr Konvalina and Heinrich Grausgruber</i> ..... | 27  |
| Chapter 3. | <b>Spelt</b>   |     |
|            | <i>Petr Konvalina and Heinrich Grausgruber</i> ..... | 51  |
| Chapter 4. | <b>Naked barley</b>                                  |     |
|            | <i>Petr Konvalina and Heinrich Grausgruber</i> ..... | 71  |
| Chapter 5. | <b>Naked oat</b>                                     |     |
|            | <i>Jan Moudrý and Zdeněk Štěrba</i> .....            | 83  |
| Chapter 6. | <b>Buckwheat</b>                                     |     |
|            | <i>Dagmar Janovská and Martin Káš</i> .....          | 101 |
| Chapter 7. | <b>Proso millet</b>                                  |     |
|            | <i>Martin Káš and Dagmar Janovská</i> .....          | 119 |
| Chapter 8. | <b>Amaranth</b>                                      |     |
|            | <i>Jan Moudrý and Jiří Peterka</i> .....             | 133 |
| Chapter 9. | <b>Quinoa</b>  |     |
|            | <i>Jan Moudrý</i> .....                              | 147 |
| Annex      | <b>Picture gallery</b>                               |     |
|            | <i>Various Authors</i> .....                         | 161 |