

# Bountiful Gardens

18001 Shafer Ranch Rd

Willits CA 95490

Ph. 707 459 6410

Fax 707 459 1925

Email: [bountiful@sonic.net](mailto:bountiful@sonic.net)

[www.bountifulgardens.org](http://www.bountifulgardens.org)

March 18, 2012

Dear Daniel,

Kamut can be threshed by hand but it's not real easy. If you have a large amount try putting it on a clean surface or tarp and using traditional flailing or walking with a "shuffle" motion. It helps if the surface is a little rough. Remove as much as the straw as you can, shaking out the grain, then winnow as explained below.

Another method for large amounts is to run it through a hammer mill style compost shredder but you may need to run it at a slow speed to avoid damaging the grain. Try a little first.

For small amounts you can rub it between your hands but you should wear some heavy leather gloves to protect your hands. You can also use a rubbing board – see picture. The bottom of the tray and the board with handle are covered with heavy industrial rubber belting that has a rough surface.



After threshing you will need to clean the grain by winnowing. Pour it slowly from one bucket or bowl to another, or to a clean surface, in a breeze or in front of a fan to separate the straw and chaff from the grain. Do this several times until the grain is clean.

I hope this helps.