

AKE Research Projects

Theme 2015/16

Einkorn wheat in nutrition

Recently the ancient grains einkorn wheat and emmer have been receiving growing and favorable attention. Some seed growers are developing new varieties of these grains and a number of farmers are beginning to cultivate them. Their fine flavor and the fact that they can be grown regionally is increasingly appealing to many consumers. The AKE is happy to offer a booklet covering the work we have done surrounding the importance of einkorn wheat in meal preparation as well as healthy, tasty and easy to cook einkorn recipes.



Theme 2013/15

Nuts – nourishing and healthy

For the most part nuts as a food group are not really a focus of interest. Though they are a popular snack food, they tend to be unjustly feared for causing weight gain. Actually they are a valuable food laden with high quality fats, vitamins and minerals. Nuts belong to a variety of different plant families, with only the walnut and pecan being related. The AKE has done research on and works with the health benefits of nuts on the heart, blood circulation, brain and nerves.



Theme 2011/12

Pulses in the nutrition - about peas, beans, lens and chickpeas

The pulses, such as peas, lentils and beans, are an essential source of protein and nutrition for many populations in the world. In part through recipes from other cultures, they are gradually finding their way back into a whole foods vegetarian diet. After a period of decline in their cultivation in Europe, organic farmers are once again starting to grow lentils and peas. In Anthroposophic nutrition, pulses are recommended with restraint because of their difficult digestibility and their high protein content. How can they be more easily digested through careful and correct preparation? This project will elucidate the typical characteristics of pulses, their quality, preparation, nutritional and physiological value. The focus will be on peas, lentils, beans and chickpeas.



Theme 2008/09

Sugar in the Diet - Statements from the Works of Rudolf Steiner - Literature Study

There is an extreme variation in sugar consumption in different populations ranging from exclusion to high consumption. What is sugar actually? Which role does glucose play in the human organism? How does it affect the nerves, the consciousness?

Already 100 years ago, Rudolf Steiner made references to high sugar intake (consumption has doubled since then) and the various effects. Furthermore, he differentiated between an individual's need for more or less sugar in their diet. His original quotes were gathered together and supplemented with present-day knowledge. In addition to this, different types of sugar and sweetener were

compared in a taste test and presented with the capillary dynamolysis method (Steigbildmethode). The results are presented in a study which can be obtained from the AKE.



Theme 2007/08

Support for a research project on hygiene

The AKE had supported a research project that deals not only with consumer protection and food safety, but also with the image that the EU law makers have of the consumer. Do they depict consumers as

responsible and mature, or needy of safeguarding, whose food must be protected through strict EU regulations and controls? We want to provide freedom of choice for consumers. This includes a vision of nature not as a potential enemy and cause of disease, but as a world which brings forth our foodstuffs and is our basis for life, without losing sight of the necessary safety precautions. According to this approach, which arises from the concept of salutogenesis, a project was underway at the Section for Agriculture at the Goetheanum.

Theme 2006/07

Worldwide Sugar Consumption and its Causes

Already 100 years ago, there was diverse sugar consumption throughout Europe. To this day, these differences can be observed in different parts of the world and in individual countries, although these distinctions are diminishing. Moreover, there has been an evident growth in sugar consumption and other sweeteners apparently connected to economic power, agricultural politics, agricultural production, climate, and food culture. This project is in progress.



Theme 2005

Vegetarian Diet and Anthroposophy

The number of people following a vegetarian diet has risen appreciably in the wake of the BSE crisis (also known as mad cow disease). Significant vegetarian organizations had already been established in the 19th and 20th centuries. Today, there are strong tendencies towards maintaining a plant-based diet, with the inclusion of milk and milk products. A case in point is the growth of organic-dynamic farming and anthroposophic oriented forms of nutrition. Rudolf Steiner became a vegetarian in the middle of his life and made diverse statements concerning this subject in his works. These have been compiled in a study and printed in a brochure. (2005, DIN A 4, 32 pages)



Theme 2004

New and Familiar Breakfast Cereals

How are cornflakes produced? What nutritional value do flakes have compared to other grain products? What are the concerns about additives in organic breakfast cereals? The AKE compiled literature about breakfast cereals in a brochure. You can find information regarding the production of and quality alteration of puffed grains, extruded and cooked flakes, as well as, other cereals. Organic products are also included. The basis of this paper is scientific research done by Dr. Karin Huber. The expanded composition was undertaken by Dr. Petra Kühne. (4nd edition 2015, 60 pages)



Sheep's milk

What nutritional value does sheep's milk have? Can people who are allergic to cow's milk tolerate it? Are there special components in sheep's milk that aren't found in cow's and goat's milk? These questions are answered in this study by the AKE. Also included are facts about production and consumer demand of sheep's milk, sheep's yoghurt, and sheep's cheese, specifically in organic and Demeter quality. Sheep's milk is actually different from cow's milk and goat's milk, predominantly in the composition of its essential nutrients. It has a noteworthy substance called orotic acid, which is seen as promoting health (i.e. strengthening the memory). This study was done by the nutritionist Brigitte Kengeter. It can be obtained as a brochure. (4nd edition 2015, 56 pages)



Theme 2003

Goat's milk

The demand for goat's milk has risen in organic markets. Concomitantly, we are seeing that increasingly more infants and small children are having problems with cow's milk. The question as to whether goat's milk is an appropriate, healthy alternative to cow's milk gave rise to this study. The nutritional quality of goat's milk is assessed, in particular, the goat's milk products found in the organic sector. This study was compiled by the nutritionist Brigitte Kengeter. It can be obtained as a brochure (4nd edition 2015, 60 pages).

