

AKE Research Projects

Theme 2021/22

Gluten-free nutrition with buckwheat

The proteins in gluten are believed to be responsible for various illnesses and adverse health issues. The AKE is working on healthful alternatives to gluten rich grains - in particular buckwheat, amaranth and quinoa. These so-called pseudo grains enhance any menu plan or type of nutrition as well as contributing to a well-rounded diet in general.

In the picture you see a blossoming buckwheat plant and the unripe grain.



Theme 2017/18

Spelt in nutrition

Spelt is a popular alternative to wheat. It has excellent baking qualities, is known to be easily digestible and it is used in a wide variety of food products. Spelt is often referred to as an “ancient” grain. However, looking at the history and development of it we see that it is actually a younger heirloom grain. How can we make this claim? The AKE conducted a study on this topic that deals with both ancient, heirloom and new grain varieties, as well as the nutritional relevance of mature spelt and unripe spelt grain “gruenkern”.



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 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)

