AKE Research Projects

Theme 2024-2026
The nutritional aspects of the Agricultural Course of Rudolf Steiner



The Agricultural Course was held 100 years ago, in 1924, and laid the foundations for biodynamic agriculture (Demeter). In this course, Rudolf Steiner also offers a wide range of insights into nutrition, beginning with the compelling warning that this new approach to agriculture is essential for a forward-looking concept of nutrition.
Topics include nutrition through the senses, raw food, planetary influences, the gut-brain connection, protein quality and quantity, and much more.
These statements and insights are brought together and presented in a documentary.

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.