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Triticum spelta

[Synonyms : *Triticum aestivum* var. *spelta*, *Triticum aestivum* subsp. *transcausicum*,
Triticum spelta subsp. *kuckuckianum*]

SPELT (English, Swedish) is an annual grass.

It is also known as *Dinkel* (German), Dinkel wheat, Durum wheat, *Epeautre* (French), *Pšenice špalda* (Czech), *Spelttivehnä* (Finnish), *Speltvete* (Swedish), and *Spelz* (German).

Spelta is a corruption of the common name for this species, spelt.

This ancient cultivated variety was grown widely until the beginning of the 20th Century. Some authorities believe that it was first identified in 4 BC by Alexander the Great's army when they were on the Black Sea shores, and archaeologists have found traces of it dating back to 2000 BC in the European Alps. It is therefore hardly surprising that natural historians believe it has long been cultivated in the upland areas of France, Germany and Switzerland.

Even today a well-known German bread is made from spelt and rye (*Secale*), and in France in Provence some country soups include spelt as an ingredient. While in North America it has been grown to make pasta.