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Illustrated by Varga Tunde

## To all of my sisters and to my little princesses who adore sprouted wheat candies and singing!

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[1. Emotions & Feelings- Fiction. 2. Whole nutrition - Fiction] I. Varga, Tunde illustrator II. Title

Summary: a grain princess undergoes many stressful fashion trials that determine her to rise up against the impositions. The creative solution to the conflict she experienced involves all parties in a grain festival.



## "Yummy... the Golden Grain Princess. I love whole bread!"

Daria, three and a half years old, story tester





nce upon a time, a king and queen ruled a Golden Grain Kingdom that lived in peace and harmony with all of its neighbours. They had three sons who were brave

and mighty and grew to be their pride. Einkorn was the eldest, Kamut in the middle, and lastly, Spelt. Under their parents' guidance, they received the finest upbringing of their time, each developing his unique qualities.



When they became young men, the three sons were ready to explore the world. The times required them to expand the reign of the Golden Grain Kingdom. With their parents' blessing, they each shot an arrow up in the air to

> determine where to go. Each arrow went in a different direction, so Einkorn, Kamut, and Spelt followed them to set up kingdoms in faraway lands. With their sons gone, the queen and king also wished for a daughter to keep close. Then one day they would hand over their kingdom to her.

Their wish soon came true. To the great joy of the entire kingdom, a most beautiful princess was born. She had delicate golden brown skin and was named Anagrania.

As the princess was growing up in intelligence and beauty, the world was changing quickly. The king and queen wanted the best for their child. When it came to her schooling, they knew it had to keep up with the changing times. The royal school was ready to open its doors to her. Her royal duties would soon include interacting with other princes and princesses.

The kingdom councillors were asked to decide how to go about the Golden Grain Princess' upbringing.





The councillors pondered over Anagrania. They decided that their beautiful princess could be even more beautiful.

-

Eikoph

She was special, indeed, but even more was possible. Many inventions for improving oneself were widely available.