

Aegilops species

Triticum boeoticum

Triticum dicoccoides

Triticum monococcum

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Einkorn
Triticum monococcum
Higher in protein than common wheat

Emmer (Farro)
Triticum turgidum ssp. *dicoccoides*

Aegilops tauschii

Durum wheat
Triticum turgidum ssp. *durum*
Best type for pasta, sometimes for bread

Spelt
Triticum aestivum var. *spelta*

Common wheat
Triticum aestivum
Depending on protein level, used for breads, cakes and more