

# THE STONE MILL AT WESTWIND FARM

## -THE FRESH FLOURS LINE-



Bread Flour is milled from hard red spring wheat. It comes in 3 grades. unbleached is the most refined product we make. It contains only the starch (white) of the wheat berry. It actually has a good amount of protein. Whole wheat contains the starch and the wheat germ, which is the source of the most nutrients, including Vitamin B, iron, and Vitamin E, as well as protein. Graham contains the starch, wheat germ, and wheat bran, the WHOLE grain. It is the healthiest, & heaviest of the three. This organic, Michigan wheat often contains 19% protein!!



Pastry Flour is milled from soft white winter wheat. It comes in unbleached and whole wheat. unbleached is our most refined product, containing only the starch (white) of the wheat berry. Whole wheat contains the starch and wheat germ of the wheat berry. Much lower in protein, this grain makes soft cakes, pies, cookies, etc.



Rye, and Buckwheat Flours Rye comes in 2 grades, medium and dark, while buckwheat comes only in medium. Medium contains the starch and the germ, and dark contains the starch, germ, and bran. These grains are lower in gluten than wheat. Like all our flours, they are milled from certified organic, Michigan grain.



Spelt is an ancient form of wheat which contains less gluten than wheat. This grain comes in light, medium, and dark, as described above, and is the most similar in taste to wheat. Spelt has a cake-like texture similar to pastry flour, but can be used for bread, as well. Spelt recipes are 1:1 with wheat recipes, and the taste is great.



Corn Meal comes in a medium/coarse meal. Corn Flour, used for mixes tortillas, etc., is another product we make from our organic corn. We make our corn bread mixes from the corn flour and our pastry flour.



Morning Glory Pancake Mixes come in four varieties. These include standard (unbleached flour), whole wheat, buckwheat, and Atlas Mills' Buckwheat with Corn (our replica of an old recipe). They are sugar-free, made with non-aluminum baking powder, and have no preservatives.



Individual Baking Mixes include 4 types of muffin mixes, chocolate and yellow cake, 2 breakfast cereals, biscuits, brew bread, Johnny Cake Corn Bread, hush puppies/fry mix, scones, brownies, and oatmeal cookies!

KEEP REFRIGERATED/FROZEN TO RETAIN NUTRITIVE VALUE