

CONSERVATION GRAINSWHOLESALE FLOUR LIST, JAN. 2025

REGENERATIVE | ORGANIC | STONE GROUND

BLENDED GRAIN FLOURS	DESCRIPTION
Wheatsome Flour	Blend of three wheats, rye, spelt and Kamut -our most versatile flour—bread, muffins, tortillas
Big Sky Rye Flour	Blend of rye and three wheats -hearty and workable—bread, biscuits, cookies
Bucking the Sun Pizza Flour	Blend of hard white spring wheat, sprouted hard white spring wheat, rye, buckwheat, malted durum -full flavor for pan pizza, pasta, cookies, quick breads
Old & Ancient Flour	Blend of organic spelt and Kamut -a softer flour for bread, scones, pie & tarts
Last Best Pancake Flour	Blend of two wheats, locally malted durum, rye, and buckwheat -100% whole grain pancakes, cobbler
Glacial Till Cereal	Coarsely milled blend of oats, sprouted HWS wheat, spelt, buckwheat, locally malted durum -highly nutritious hot cereal, granola, quick bread
SINGLE GRAIN FLOURS	DESCRIPTION
Hard Red Spring Wheat	Organic 14.1% protein
"Warhorse" Hard Red Winter Wheat	Regenerative, 12.2% protein -MSU variety, Spring Coulee Farm, Choteau -bread and thin crust pizza
Sprouted Hard White Spring Wheat	Organic, 14.8% protein, -more nutrients, lower glycemic index; yeast loves it
"Gazelle" Rye	Regenerative, 12.1% protein -Spring rye variety, Spring Coulee Farm, Choteau

SINGLE GRAIN FLOURS	DESCRIPTION
Pumpernickel Rye	Regenerative, Gazelle Rye, 12.1% protein, Choteau MT -medium-coarse milling; Rye Chops are also available
Spelt	Organic, 12.9% protein, MT and Canada -a softer flour for pastries to breads
"Alzada" Durum	No-Till, 15.2% protein -the pasta grain, also a nice addition to bread (not grown regeneratively or organically)
Malted "Alzada" Durum	No-Till, 15.2%, locally malted at Farm Power Malt -feeds yeast, adds subtle sweetness and will caramelize the crust; use only <3% in most recipes (not grown regeneratively or organically)
Hard White Spring Wheat	Regenerative, 15.1% protein, plump kernels -Spring Coulee Farm, Choteau -a strong flour for bread and rolls with a lighter colored crumb.
Buckwheat groats, organic	Mills nicely for a fine, light-colored flour. Although buckwheat has no gluten, our milling facility is not gluten-free. (Just the opposite, we're gluten-strong!)