

# Organic Whole Grains

Great River Organic Milling is committed to providing quality organic products because we believe they are vital to promoting the cycle of a healthy environment for all. Most of our products are stone-ground to produce a more flavorful and nutritional product. Certified Organic by QAI and Kosher approved, Great River Organic Milling has been providing stone-ground quality for over a quarter of a century.



**Great River**  
ORGANIC MILLING

Stone-ground, Organic  
Flours and Mixes

## Organic Whole Grains

All are clean and ready for milling or cooking whole as in a pilaf or for cereal.

### Barley (Hulled)

A grain of barley is much like one of wheat. Two outer husks surround the aleurone-covered endosperm or starchy part, and the germ. The protein is found in the aleurone cells, which are retained in "hulled" barley.

### Barley (Pearled)

Most of the aleurone layer is removed when preparing barley as "pearled." It is a quicker cooking form of barley and used widely in soups or pilafs.

### Buckwheat (Unhulled)

The dark hulls give buckwheat flour its characteristic gray speckled color and sturdy flavor.

### Corn (Yellow)

Is one of the oldest and most popular grains used in this country. This variety is a food grade corn (with a white cob) best for corn meal, grits, polenta or tortillas.

### Flax (Brown)

These seeds with their high Omega 3 fatty acid content are slightly larger than sesame seeds and used whole or ground. To be most nutritionally beneficial they should be ground.

### Millet (Hulled)

Is a common food to more people of the world than are wheat, rye, rice, or any other grain. It has a high protein content and is excellent grain to add for dietary variety. It cooks rapidly as a whole grain and can be used as a cereal as well as stuffing, a side dish or blended into other dishes. Its mild flavor also makes it applicable to dessert dishes.

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## Oats (Hulled)

Oat groats, would more commonly be "cut" for use as a cereal, but they are easily ground into flour for multiple uses. The most common form of oats are rolled oats or oatmeal. There are now rollers available for home use to turn oat groats into oatmeal.

## Rye

Once considered a weed in a wheat field, it is still a low profile grain but with many uses. Coarsely ground as a meal for bread or boiled like rice for cereal or other dishes it has a chewy texture. It mills quickly and easily, as it is a soft grain.

## Spelt (Hulled)

"Triticum spelta" is the scientific name for this old grain originally grown in southeast Asia and later brought to Europe and later yet to the U.S. It varies from wheat, "triticum sativum," in a number of ways, but its digestibility is the most important to many who cannot tolerate "sativum." Its very strong hull must be mechanically removed.

## Wheat (Hard Red Spring)

Widely grown in the northwestern plains, Great River Organic Milling buys most of its wheat from western North Dakota, where the dry summers tend to produce a quality wheat with a good protein content averaging 13-14 percent and a good gluten content. We consider this the best for bread flour.

## Wheat (Soft White Winter)

Is used primarily for cake or "pastry" flour. Its lower protein and gluten content make for light flour and a tender baked good. Used only for unyeasted products or "quick breads."