

Advantages of Stoneground Flour...

There are several advantages to stone-ground wheat flour.

The endosperm, bran, and germ remain in their natural, original proportions.

Because the stones grind slowly, the wheat germ is not exposed to excessive temperatures. Heat causes the fat from the germ portion to oxidize and become rancid and much of the vitamins to be destroyed.

Since only a small amount of grain is ground at once, the fat from the germ is well distributed which also minimizes spoilage.

Nutritive losses due to oxygen exposure are also limited by the fact that stone-ground flour is usually coarser.

As expressed in *The Bread Book*, stone-ground flour is preferred by many bakers and natural food advocates because of its texture, its sweet and nutty flavour, and the beliefs that it is nutritionally superior and has a better baking quality than steel-roller-milled flour.

Moritz and Jones (1950) and Schultz et al. (1942) showed that stone-milled flour was relatively high in thiamin, compared to roller-milled flour, especially when from hard wheat.