

Process of Stone Milling...

A wheat kernel consists of the endosperm, germ and bran. Milling separates the endosperm from the germ and the bran by breaking the kernel into smaller and finer particles. Slow turning millstones grind the endosperm and germ (containing its nutritious wheat germ oil) into flour in a cool natural way, creating a healthier food product. The cool stone grinding process preserves valuable nutrients which are lost in conventional high-speed, high heat roller type milling. When this slower method is coupled with the highest quality wheat, it produces naturally wholesome unbleached flour.

The Stone Mills flour is stone ground in a very special way. This stone grinding process ensures a particularly natural and healthy end product which bakers find more economical to use than standard commercial alternatives that are available. Standard commercial flour-mills employ equipment requiring 14 sets of steel rollers or hammers to break the wheat. These rollers or hammers generate extremely high temperatures, inevitably damaging the wheat germ and also destroying valuable vitamins and enzymes in the process. During the process the fine, top-quality flour is continually abstracted for use in cake flour and self-raising flour, whereas stone ground flour retains all the healthy wheat germ, natural oils, vitamins, enzymes, thus making it nutritiously good and wholesome.

The traditional Stone Ground method grinding of wheat between stones is used to develop a flour of the highest quality. It is this slow process that helps to retain the flours natural state of minerals, vitamins and proteins.

The stone ground flour motto of, "nothing added nothing removed" means exactly that. The goodness that goes in the top of the mill, is what comes out at the bottom. No iron or preservatives or any other colors or bleaching agents have been added.