



Flour	Grain Variety/Class	Age of Grain	Mill	Mill Type	Harvest	Protein	Extraction	Falling #	State	Baking Type	Best Used For
Contemporary and Heritage Wheats											
Whole Wheat Bread	Glenn/ Redeemer Blend HRSW/HRWW	Modern	Small Valley Milling	Stone	2019	14.5%	100%	433	PA	Bread	Free form loaves, sandwich loaves, dinner rolls
Wheat, White Bread	Glenn/ Redeemer Blend HRSW/HRWW	Modern	Small Valley Milling	Roller	2019	14.5%	70%	433	PA		
OO Flour	Lang HRSW	Modern	Wild Hive Farm	Stone	2019	14.0%	86%		NY		
Wheat, Flour and Whole Kernels	Red Fife HRSW	Heritage	Gianforte Farm	Whole	2019	13.6%	100%	361	NY		
Whole Wheat Bread	Glenn & Warthog (HRSW & HRWW)	Modern	Farmer Ground Flour	Stone	2019	12%	100%	350	NY		
Half White	Glenn & Warthog (HRSW & HRWW)	Modern	Farmer Ground Flour	Stone	2019	12%	85%	380	NY		
Whole Wheat	Oland HRWW	Heritage	Maine Grains	Stone	2019	11%	100%	338	ME		
Rye	Danko	Modern	Farmer Ground Flour	Stone	2019		100%	300	NY		
Rye	Danko	Modern	Maine Grains	Stone	2019	8%	100%	100	NY		
All Purpose	Warthog & Glenn	Modern	Farmer Ground Flour	Stone	2019	10.50%	86%	380	NY	All Purpose	Pasta, crackers, scones, biscuits, shortbreads, waffles, pancakes, pie crusts
All Purpose	Frederick SWWW	Modern	Wild Hive Farm	Stone	2019	10%	72%		PA		
Wheat, Whole Kernels	Warthog HRWW	Modern	Farmer Ground Flour	Whole	2019	10%		450	NY		
Whole Wheat	Sirvinta HRWW	Heritage	Maine Grains	Stone	2019	9%	100%	393	ME		
Wheat, Whole Kernels	Renan HRWW	Modern	Lakeview Organic Grains	Whole	2019	9.9%		393	NY		
Wheat, Whole Kernels	Frederick SWWW	Modern	Lakeview Organic Grains	Whole	2019	9.3%		288	NY	Pastry/Cake	
Whole Pastry	Frederick SWWW	Modern	Champlain Valley Milling	Hammer	2019	9.3%	100%	290	NY		
White Pastry	Frederick SWWW	Modern	Champlain Valley Milling	Hammer	2019	8.0%	70%	290	NY		
Ancient Wheats											
Emmer Flour	Lucille	Ancient	Small Valley Milling	Stone	2019		100%		PA	Varies Depending on Recipe	Experimental, blends, a wide range of uses
Emmer		Ancient	Lakeview Organic Grains	Whole	2019	16%		432	NY		
Einkorn Flour		Ancient	Farmer Ground Flour	Stone	2019	14%	100%		NY		
Spelt		Ancient	Lakeview Organic Grains	Whole	2019	13.7%		352	NY		
Whole Spelt	Oberkulmner	Ancient	Champlain Valley Milling	Roller	2019	11%	100%		NY		
White Spelt		Ancient	Champlain Valley Milling	Roller	2019	10%	70%		PA		
Spelt, Freekeh		Ancient	Lakeview Organic Grains	Whole	2019	9.5%		412	NY		
Barley and Specialty											
Hulless Barley	Buck	Modern	Cornell Cooperative Extension	Whole	2019	8.9%		400	NY		
Hulless Barley	Purple	Modern	Cornell Cooperative Extension	Whole	2019	12.6%		431	NY		