

A GUIDE TO FINDING REGIONAL FLOUR



“When you buy freshly milled local flour, you’ll find that the taste is so distinct, so beautiful and nuanced, that it will be difficult to go back to the bagged stuff aging away on grocery store shelves.

Finding locally grown and milled flours in your region is not as difficult as you think. Visit your local farmers’ markets to see if any sustainable grain farmers are selling freshly milled wheat flour. You can search for regional flour online as well. There’s nothing wrong with having bags of freshly milled flour shipped to you!

The following is a list of grain farms and millers in different regions in the United States to help you get started. I hope you’ll enjoy baking the recipes I included in my book, *Heritage Baking*, when it’s available in the fall!”

—Ellen King, author of *Heritage Baking*

CALIFORNIA

Beck’s Bakery
Capay Mills
Community Grains
Farmer Mai
Grass Valley Grains
Grist and Toll

IDAHO

Grain Revival

ILLINOIS

Brian Severson Farms
Hazzard Free Farms
Janie’s Organic Farm and Mill

INDIANA

The Carthage Mill

IOWA

Early Morning Harvest
Paul’s Grains

KANSAS

Farmer Direct
Heartland Mill

KENTUCKY

Louismill
Weisenberger Mill

LOUISIANA

Inglewood Farm Grains

MAINE

Aurora Mills and Farm
Bouchard Family Farms
Grange Corner Farm
Maine Grains
Songbird Farm

MASSACHUSETTS

Gray’s Grist Mill
Plimoth Grist Mill
Four Star Farms

MICHIGAN

Ferris Organic Farm
Grand Traverse Culinary Oils
and Flours
Windmill Flour
Westwind Milling Company

MINNESOTA

Baker’s Field Flour and Bread
Natural Way Mills
Sunrise Heritage Flour Mill
Swany White Flour Mill
Whole Grain Milling

MISSOURI

Neighbors Mill Bakery
and Café

MONTANA

Montana Flour and Grain

NEBRASKA

Grain Place Foods

NEW YORK

The Birkett Mills
Champlain Valley Milling
Farmer Ground Flour
Gianforte Farm
Hawthorne Valley Farm
North Country Farms
Wild Hive Farm



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Heritage Baking
By Ellen King
Photographs by John Lee
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NORTH CAROLINA

Carolina Ground

OHIO

Bear's Mill
Shagbark Seed & Mill

OKLAHOMA

John's Farm
Stone Stack Mills

OREGON

Camas Country Mill
Lonesome Whistle Farm

PENNSYLVANIA

Beilers Heritage Acres
Castle Valley Mill
Daisy Organic Flour
Small Valley Milling
Sonnewald Natural Foods
Weatherbury Farm

SOUTH CAROLINA

Anson Mills
Geechie Boy Mill

TEXAS

Barton Springs Mill
Homestead Gristmill

UTAH

Dave's Farm
Central Milling

VERMONT

Butterworks Farms
Gleason Grains
Nitty Gritty Grain Company
Rogers Farmstead

VIRGINIA

Woodson's Mill

WASHINGTON

Bluebird Grain Farm
Culture Breads and Flouring Mill
Fairhaven Organic Flour
Nash's Organics
Northwest Mills
Palouse Colony Farm
Shepherd's Grain

WISCONSIN

Anarchy Acres
Grafton Stone Mill
Great River Milling
Lonesome Stone Milling
Meuer Farms
Meadowlark Organics

WYOMING

Mosher Products



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