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1. Flavor

We want to make the best bread possible and fresh-milled flour has incomparable flavor. When flour travels weeks, months and miles between mill and bakery, inherent flavors are lost forever.

2. Nutrition

Grain kernels have three parts: the bran, endosperm and germ. As soon as the grain is cracked open and exposed to air, the germ and bran that contain vitamins and minerals lose their vitality. We mill the whole-grain kernel, keeping the nutritious germ and bran in our fresh flour, and in your bread.

3. Tradition

Like wood-fired baking and long fermentations, stone milling is a practice worth reviving. Historically, mills were a key part of community food production, and now they are vital to the renewal of strong local food systems.













