

Flour

Did you know:

Even though you buy organic flour it isn't always healthy. The seed and the bran are often removed. To get healthy flour you must buy stoneground flour!

- The vital oils and minerals exist in the bran and the germ in grains.
- The bran and germ is preserved in stoneground flour. It is only the outer shell, which is removed.
- Stoneground flour will last up to 6 months.
- Stoneground flour fills more and tastes like more because the natural vitamins and minerals are preserved.
- When the pancake dough is made 8 hours before being baked, or when making long-rising bread, more flavour and smell is produced. The better the smell and flavour, the healthier the food.
- Organic grain is cultivated on a clover-grass field. Clover-grass fields promote humus production and biological diversity. The clover releases nitrogen / fertilizer for the grain. This gives the grain an exceptionally good baking quality as well as good proteins for the flour.
- In conventional flour and often in organic flour the germ is removed to make the flour last longer. The bran is also removed in order to make the flour whiter. The only thing left is the endosperm, which contains high amounts of carbohydrates.
- White flours strain the intestine, which leads to constipation, or diarrhoea and it creates an imbalance in the blood sugar levels like when you eat candy (empty calories). Imbalance in your blood sugar levels leads to obesity or emaciation.

Source: Walter Willett, Harvard University, Medical School