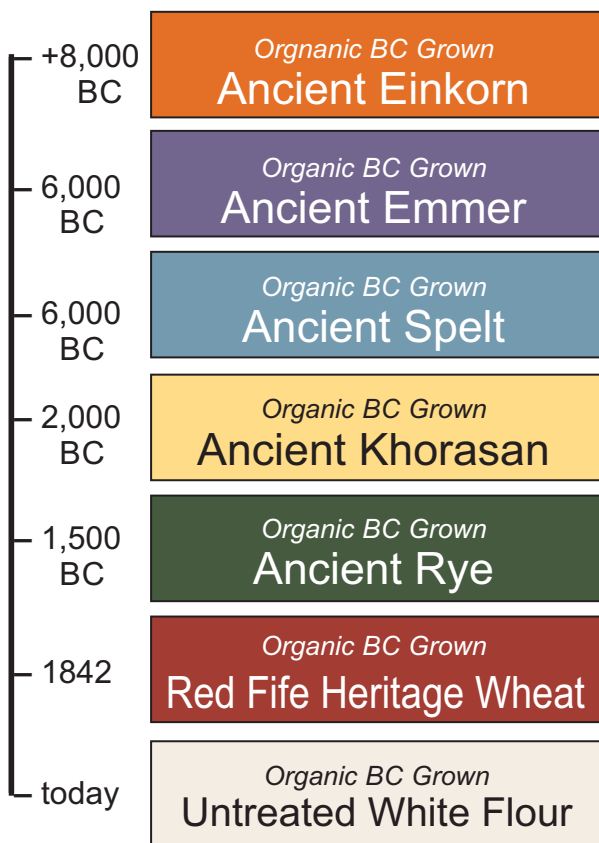


True Grain

GRAIN GUIDE

We're pleased to provide BC's widest assortment of **organic BC-farmed & BC-milled** grain products. Our ancient grains date back thousands of years, while our heritage grain dates back +175 years. We freshly stone mill all our ancient and heritage grains on natural stones, and do not add conditioners or preservatives. Grains are colour coded as follows:



True Grain

FLOUR GUIDE

WHOLE FLOUR

We grind BC grown organic grain kernels on our stone mill. Nothing is added. Nothing is removed. The result is a coarser, denser, flavourful flour suitable for hearty, healthy, wholesome breads & baked goods. Substitute any **True Grain Whole Flour** in recipes calling for *whole wheat*.

SIFTED FLOUR

We start by grinding BC grown organic grain kernels on our stone mill. Most of the bran is then removed in the milling process using a series of sifter screens. This results in a finer, lighter, more versatile flour suitable for anything from bread to cookies to muffins to pancakes. Substitute any **True Grain Sifted Flour** in recipes calling for *all purpose flour*.

WHITE FLOUR

True Grain Untreated White Flour is too fine a flour for stone milling. It is milled to our specifications by a trusted third party. Most people are amazed to discover that unless the package specifically says “unbleached” & “untreated”, there are many chemicals that are allowed to be added without being declared under current Canadian labelling laws for “white flour.” Rest assured, True Grain Untreated White Flour does not contain chlorine, benzoyl peroxide, ammonium chloride, l-cysteine, or azodicarbonamide. This fine, light **all purpose flour** is suitable for breads & pastries & everything in between. It’s always organic, and never bleached or treated.

