

# CALIFORNIAN SONORA ORGANIC STONE GROUND WHOLE WHEAT FLOUR

√	<i>Locally grown</i>	Farmer: Fritz Durst Capay, Yolo County, California
√	<i>Locally milled</i>	Miller: Giusto's Specialty Foods South San Francisco, California
√	<i>Organic, non-irrigated</i>	California Certified Organic Farmer (CCOF) Drought tolerant <i>Sonora</i> wheat is grown using the Winter rainfall.
√	<i>Historic Landrace variety selection</i>	<i>Sonora</i> wheat was probably introduced to the South Western Native Americans, and Mexicans before wheat was brought into the Santa Clara Valley, California, by the De Anza party in about 1775. <i>Sonora</i> was grown continuously in California from the Gold Rush time in 1849, until the 1950s. We have grown <i>Sonora</i> again since the 1990s; it has not been genetically changed by breeding.
√	<i>Stone ground</i>	Single pass stone grinding dry wheat gives sweet and nutty flavored flour with good storage properties. All the nutrients in the original wheat grain are present in this stone ground whole wheat flour. When substituting this flour in some recipes you may need extra moisture, because no moisture is added during stone milling.
√	<i>Batch information</i>	<a href="http://www.sustainablegrains.org">www.sustainablegrains.org</a>
√	<i>Recipes</i>	<a href="http://www.sustainablegrains.org">www.sustainablegrains.org</a>

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*Sonora* stone ground whole wheat flour was originally used by the South West Native Americans for *flour tortillas*, and similarly by people from India who use it to make *chapattis and rotis*.

*Sonora* wheat gluten is mellow in character, and performs best in *sourdough flatbreads & pizza dough, pancakes, short pastry, cakes, cookies, brownies, scones, quickbreads, pasta, thickening sauces, hot cereal*, and more.

We recommend using warm water especially when making most *pasta, tortilla and chapatti* doughs from *Sonora* stone ground whole wheat flour. Also we recommend forming the dough, snowball fashion, and keeping it in a closed container for at least an hour before proceeding with a recipe. After 3 hours the dough should be used right away or refrigerated. Whole wheat dough ferments easily if left in a warm place. Rather than risk a strange fermentation it is a good idea to mix into the dough, a small amount of a well-established natural starter such as a *barm sourdough*.

When making bread, allow a resting time of an hour or more after first simply combining the final ingredients. After this rest the dough can be kneaded or worked to develop the dough texture. By waiting before kneading there is time for the whole wheat flour to properly hydrate. In particular the starch has time to become nicely pliable so that it enhances the dough texture during kneading.

*Natural barm sourdough* is made using a *mash*. Please see our website [www.sustainablegrains.org](http://www.sustainablegrains.org) for an explanation. Breads made with a *barm sourdough* supply probiotic lactic bacteria, and are also less likely to mold. If *barm* bread is kept in a clean closed container it keeps moist and mold free for up to 2 weeks.

*Storage suggestion:* Store in a well-closed container, in a cool dry place. Although this flour can be stored at ambient temperature, the best protection against infestation is storage at 40°F in the refrigerator. Shelf life is usually at least a year under favorable conditions.