

Flour Oxidation Timeline

✓ Immediate Freshness (0-2 hours)

Freshly milled flour is incredibly nutritious but as time goes by those nutrients start to degrade. At its peak, natural oils, antioxidants, enzymes, and B vitamins are fully intact. The flour will have the best flavor, aroma and highest nutritional value.

✓ After 24 Hours

Oxidation has begun as the flour is exposed to air and light. Some sensitive nutrients, like vitamin B and oils, start to decline. Flavor and aroma change slightly. The flour is still incredibly nutritious.

✓ After 48 Hours

Most natural oils and antioxidants are lost and the aroma is quickly fading. It's still highly nutritious but vitamins such as B7 are practically gone.

✓ After 72+ Hours

Significant oxidation has occurred. Most of the nutrients, aroma, and oils are gone. This is why shelf stable flour is considered "dead flour."

How To Slow It Down

The good news is there IS a way to slow it down. The elements that speed up the nutrient degradation are; light, oxygen, and temperature. This is why stone milling is superior (it keeps temperatures low).

- ✓ **Temperature:** Storing it in a freezer (6+ months) or refrigerator (2 weeks) drastically slows down the degradation.
- ✓ **Oxygen:** Storing it in an airtight container slows the nutrient & oil loss.
- ✓ **Light:** Don't store it in a clear glass. You don't want light to enter.

This is why we sell our flour in airtight, window-less bags, & recommend freezing them right away.

MEET YOUR TEACHER



Hi, I'm Lorina!

I'm a wife, mom of two, and your educator on the benefits of freshly milled flour. Milling our own flour changed my family's health, and I'm passionate about sharing this knowledge with others.

Let's dig in!

LEARN MORE ABOUT FRESH FLOUR

Visit the full workshop for more resources & tutorials.

www.flourishheritage.com

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