

workshop handout

Grain Types Breakdown

OUR TOP RECOMMENDED GRAINS:

Einkorn

10,000 BCE 🌾 Fertile Crescent 🌾 Lightly sweet, nutty, delicate

DESCRIPTION:

Einkorn is the oldest known cultivated wheat and has never been hybridized. It has a softer gluten structure and behaves very differently from modern wheat.

SPECIAL BAKING NOTES:

Absorbs less water, ferments quickly, and benefits from gentle mixing; doughs are often sticky and softer.

BEST USED FOR:

Pancakes, muffins, quick breads, cookies, tortillas

Khorasan

~4,000 BCE 🌾 Middle East 🌾 Rich, buttery, slightly sweet

DESCRIPTION:

Khorasan is a large, ancient wheat with strong gluten and excellent extensibility. It produces flavorful doughs with good structure when properly hydrated.

SPECIAL BAKING NOTES:

High protein but gentle gluten; needs higher hydration and slightly longer fermentation.

BEST USED FOR:

Yeasted breads, pasta, pizza dough, enriched loaves

Spelt

~5,000 BCE 🌾 Central Europe 🌾 Mildly sweet, nutty, smooth

DESCRIPTION:

Spelt is an ancient wheat closely related to modern wheat but with a more fragile gluten structure. It bakes beautifully when handled gently.

SPECIAL BAKING NOTES:

Overmixing breaks gluten quickly; shorter kneads and lower hydration work best.

BEST USED FOR:

Sandwich bread, rolls, pastries, crackers

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.

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OUR TOP RECOMMENDED GRAINS:

Rye

~4,000 BCE 🌾 Eastern/Northern Europe 🌾 Earthy, tangy, deep

DESCRIPTION:

Rye is not a wheat and behaves entirely differently in baking. It relies on starches rather than gluten for structure and has a strong traditional flavor.

SPECIAL BAKING NOTES:

Very sticky dough; benefits from sourdough fermentation and minimal handling.

BEST USED FOR:

Sourdough loaves, dense breads, crackers, traditional European breads

White Sonora

1600s 🌾 Sonoran Desert 🌾 Soft, creamy, lightly sweet

DESCRIPTION:

White Sonora is a heritage soft wheat historically grown in arid climates. It mills beautifully and produces tender baked goods.

SPECIAL BAKING NOTES:

Low protein; not ideal for lofty yeasted bread but excellent for soft textures.

BEST USED FOR:

Biscuits, tortillas, pancakes, quick breads

Red Fife

1840s 🌾 Canada 🌾 Robust, wheaty, slightly nutty

DESCRIPTION:

Red Fife is a heritage bread wheat that predates modern industrial varieties. It offers strong flavor and reliable fermentation.

SPECIAL BAKING NOTES:

- Stronger gluten than most ancient grains; benefits from autolyse and longer fermentation.

BEST USED FOR:

Sourdough bread, hearth loaves, sandwich bread

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OUR TOP RECOMMENDED GRAINS:

Rouge de Bordeaux 1800s 🌾 France 🌾 Deep, complex, slightly spicy

DESCRIPTION:

Rouge de Bordeaux is a traditional French heritage wheat prized for flavor over yield. It produces aromatic flour with excellent baking character.

SPECIAL BAKING NOTES:

Moderate gluten strength; excellent extensibility but benefits from gentle handling and proper fermentation.

BEST USED FOR:

Artisan sourdough, hearth breads, rustic loaves

Overall Thoughts

GRAIN VARIETIES:

It's fun to play with different grains but I always recommend to keep it simple when you start out. For that suggestion I would say use Spelt for all deserts and breads that don't need high rise and then use Red Fife for everything that needs that extra gluten structure like artisan sourdough loaves.

On Hard White, while I don't believe modern grains are the best for us (since they're made for maximum yield and not for our gut health) it's still the easiest one to start with. Hard white is what they make all purpose and bread flour from usually so you'll get a more similar feel. We still use it as we transition to the ancient grains so if you're in a busy season of life and just need a quick way to get started then I still say that's your best bet for now.

Where to Buy Grain

I've tried so many different brands and I would say quality is very important. The two places I recommend is [Grand Teton Ancient Grains](#) first and then for the other grains you can't find go to [Farmers Storehouse](#) (use code "Flourish" for a discount there.)

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