

WHEAT

Wheat is one of the oldest and most basic foods of all time and has for centuries been regarded as the 'staff of life.' It is wisdom to prepare for a time when we might have to rely upon the resources of our own homes, in which case, because of its 'whole food value,' wheat should be the backbone of our storage program. Wise homemakers will therefore learn to use it." (Vernice Rosenvall, Mabel H. Miller, and Dora D. Flack, *Wheat for Man Cookbook*, p. 6)



Red Wheat



White Wheat

MANUAL WHEAT GRINDER

We use the "Country Living Grain Mill" to manually grind our wheat. This mill is a fine hand mill that can actually "out grind" many of the electric mills by 10 to 15% and then out grind ALL electric mills by 100% when it really counts! The Country Living Grain Mill will grind virtually all dry grains and legumes, including wheat, corn, beans, peas, amaranth, etc. Here are some more specifications on the Country Living Grain Mill:"



- ▶ It has a v-groove wheel for quick and easy conversion to electric motor.
- ▶ Industrial-balanced cast iron flywheel for easy turning and smooth flow of flour.
- ▶ Large hopper holds 2 lb. of wheat.
- ▶ Easy dial - self locking adjustment.
- ▶ Double sealed industrial ball bearings.
- ▶ Hand cast solid aluminum body with FDA-approved food grade powder coating finish.
- ▶ 30% less torque or energy required to turn than **any** comparable hand mill on the market.

You can purchase the “Country Living Grain Mill” at Survival Unlimited here (for around \$395):

<http://www.survivalunlimited.com/countryliving.htm>

ELECTRIC WHEAT GRINDER

We use the "BlendTec Kitchen Mill Wheat Grinder" or "K-Tec" mill to grind our wheat with electricity. This is the first high speed stoneless flour mill small enough to easily store and big enough to do the job. It's a better way to make flour! Instead of stones, this mill uses a computer-balanced Micronetic Chamber to grind grain into flour. Here are more specifications on the BlendTec Kitchen Mill Wheat Grinder:



▼ It grinds 1.5 lbs of wheat per minute.

▼ It grinds 90 lbs. an hour.

▼ Large hopper holds 2 lb. of wheat and the mill only weighs 8 lbs!

▼ It is self-cleaning.

▼ It mills the grain at low temperature. None of the moving metal parts actually touch so there is no excessive heat when milling. Since the mill has no rubbing surfaces to wear out, cause friction, or get hot, the flour stays cooler. This means the valuable nutrients are not destroyed.

▼ It mills all grains. It beautifully mills all dry grains such as corn, wheat, rice, barley, and oats. Oily soy beans mill into a nutritious, high protein flour. Hard popcorn kernels transform into beautiful yellow flour bursting with flavor.

You can purchase the “BlendTec Kitchen Mill Wheat Grinder” from Harvest Essentials (for around \$180):

<http://www.harvestessentials.com/kteckitmil.html>

LOAF PANS

I like to use the large 12-inch tin loaf pans which equal 1.5 times your standard loaf size, and this loaf size is close to what you can buy at your local grocery store. We have a large family so we need a larger loaf! You can purchase the 12-in loaf pans on Amazon here (for around \$8):



http://www.amazon.com/Kaiser-Bakeware-Tinplate-12-Inch-Loaf/dp/B0009IK170/ref=sr_1_2?ie=UTF8&s=home-garden&qid=1238333083&sr=8-2