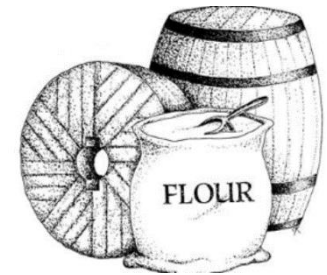




A Guide to Grain

This guide is to help you understand the different products of Colvin Run Mill. Our products are produced via historic methods and contains no preservatives or additives. We grind three different grains: wheat, corn, and buckwheat.



Wheat

There are 6 classes of wheat:

- Hard red winter: excellent baking characteristics for wheat foods; general purpose flour
- Hard red spring: hearth breads, rolls, croissants, bagels, pizza crust; used to improve flour blends
- Soft red winter: cookies, crackers, cakes, and for blending for baguettes and other breads
- Soft white: cakes, pastries, confectionary products
- Hard white: Asian noodles, whole wheat breads, pan breads, flat breads
- Durum: pasta, couscous, seminola

Fun Wheat Facts:

Mixing hard and soft wheat produces all-purpose flour.

Self-rising flour is all-purpose flour with salt and leavening added.

The middlings of durum is also known as couscous.

Soft red winter wheat is grown throughout the eastern third of the U.S., including in Virginia.



Wheat Recipes

Dusties

1 cup stone-ground wheat flour

1/3 cup shortening

pinch of salt

4 tbsp. water

your favorite fruit preserves

powdered sugar to top

Cut shortening into flour until the texture is crumbly. Add 4 tbs. of water and work into a dough. On a floured surface, roll out dough to 1/8 in. thickness. Cut 4 in. circles. Put 3/4 tbs. of preserves in the center of each circle, then fold the circle in half. Crimp edges of half circle with tines of fork to seal.

Bake at 425F for 10-12 minutes. Dust with powdered sugar after baking.

American Frugal Housewife, 1832 Pie Crust

Makes 1 crust

1 1/2 cup soft flour

8 tbs. butter

3-4 tbs. ice water

Rub butter into the flour with your hands until, when clasped tightly, the mixture forms a ball.

Wet mixture with 3-4 tbs. of cold water until it sticks together.

Flour a board and rolling pin, and roll the dough out until it is thin enough to see the outline of the board underneath.

Drape over a pie tin and fill with your favorite pie filling.

Vegan options:

- flax egg: 1 tbs. ground flax and 2 tbs. of water
- non-dairy milks will work for all options
- vegan butter will work for shortening



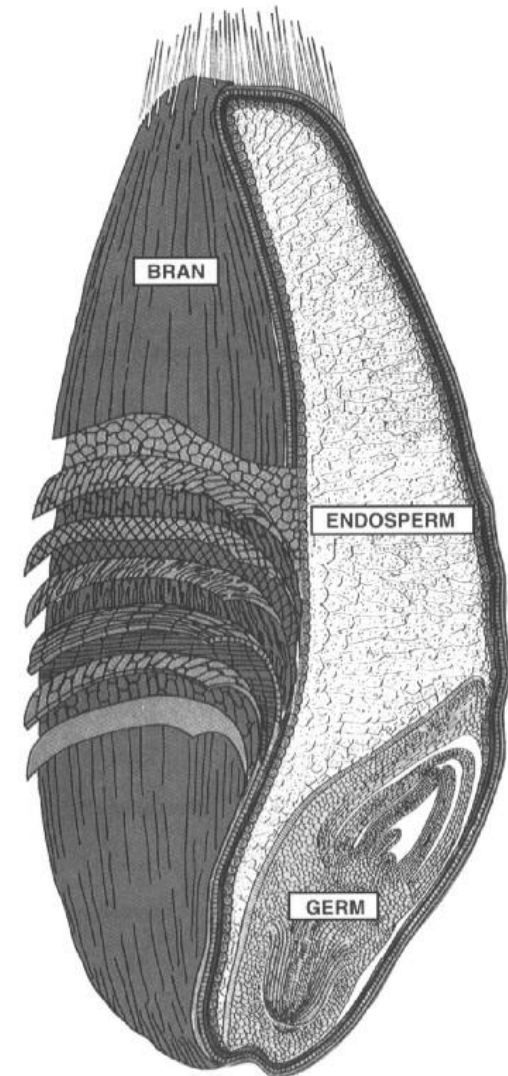
Wheat Anatomy

The *Kernel of Wheat* . . . sometimes called the wheat berry, the kernel is the seed from which the wheat plant grows. Each tiny seed contains three distinct parts that are separated during the milling process to produce flour.

Endosperm . . . about 83% of the kernel of wheat and the source of white flour. The endosperm contains the greatest share of protein, carbohydrates, and iron, as well as the major B-vitamins, such as riboflavin, niacin, and thiamine. It is also a source of soluble fiber.

Bran . . . about 14 % of the kernel weight. Bran is included in whole wheat flour and can be bought separately. The bran contains a small amount of protein, large quantities of the three major B-vitamins, trace minerals, and dietary fiber - primarily insoluble.

Germ . . . about 2.2 % of the kernel weight. The germ is the embryo or sprouting section of the seed, often separated from flour in the milling because the fat content (10%) limits flour's shelf life. The germ contains minimal quantities of high-quality protein and a greater share of B-complex vitamins and trace minerals. Wheat germ can be purchased separately and is part of whole wheat flour.





Corn

6 major varieties of corn:

- Dent corn: most commonly grown; largely used for animal feed; grown mainly from Iowa, Illinois, and Nebraska
- Sweet corn: flavorful variety we typically eat on the cob; mainly from Wisconsin, Minnesota, and Illinois
- Popcorn: special type of corn having a small cob with rounded or pointed hard kernels; grown in Indiana, Illinois, Iowa, and Ohio
- Flour corn: grown mainly in South America; kernels are soft and starchy, making it easy to mill
- Flint corn: also grown mainly in South America; can be shipped and stored with less spoilage than other varieties
- Pod corn: not grown commercially due to the difficulty of removing the husk

We grind dent corn at Colvin Run Mill. This is the most commonly grown type of corn in the United States. It is grown mainly in the corn belt of Iowa, Illinois, and Nebraska and mainly used for animal feed. Corn is by far the biggest crop in the United States, with more than 9 billion bushels grown in 42 states.

Corn Products

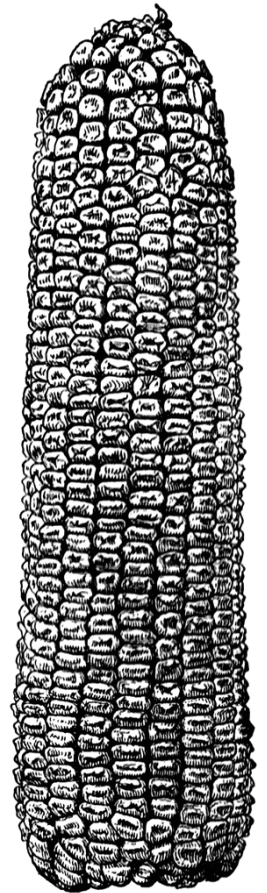
Cornmeal: coarsely ground corn, often containing the flavorful, oil-bearing germ

Corn flour: cornmeal that has been milled further

Corn starch: corn flour that has been sifted so that the germ and hull are gone

Hominy: hulled corn that has been soaked in lye to facilitate the removal of the hull then broken into pieces

Grits: coarsely ground hominy



Example of dent corn.

Retrieved from
https://etc.usf.edu/clipart/12000/12013/dentcorn_12013_lg.gif



Buckwheat

Buckwheat is not a true grain. It is the fruit of a broadleaf plant native to the western United States. It is a relative of dock, sorrel, and rhubarb. It is fast-growing, tolerates poor soil, and is commonly planted as a cover crop in winter for use as animal feed.

Buckwheat flour is used in cookies and bread, though it has little rising quality. In the US, it is known mainly for its dark, robust flour used to make pancakes.



Buckwheat Pancakes

2 cups buckwheat flour
1 tbsp. baking powder
2 tsp. sugar
 $\frac{3}{4}$ tsp. salt
1 egg, beaten
2 cups milk
2 tbsp. vegetable oil

Combine the dry ingredients. In a separate bowl, beat together the wet ingredients. Combine the two mixtures, mixing well.

Pour approximately $\frac{1}{4}$ cup of batter for each pancake onto a hot greased griddle or skillet. When bubbles appear on the surface, flip.

Serve warm with topping of your choice.



For best results, freeze or refrigerate your flour.

Enjoying our products? Share your baking creations with us with!

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