



FROM GRAIN TO
LOAF:

*a regional
flour mill in
the South*

*Building
community
through sustainable
food systems*

JOSHUA COHEN: THE GENTRIFICATION OF HENRY ROTH

HARPER'S

HARPER'S MAGAZINE / JULY 2010 \$6.99



the perfect storm

THE FOOD BUBBLE

How Wall Street Starved Millions and Got Away with It
By Frederick Kaufman

TEA PARTY IN THE SONORA

FARMER MILLER BAKER

**You have chosen to
get involved in one of
the most difficult
projects in American
Agriculture.**



→ QUALITY



→ QUALITY

→ INFRASTRUCTURE

- 
- QUALITY
 - INFRASTRUCTURE
 - POST HARVEST HANDLING



→ QUALITY

→ INFRASTRUCTURE

→ POST HARVEST HANDLING

→ MOISTURE




→ QUALITY

→ INFRASTRUCTURE

→ POST HARVEST HANDLING

→ MOISTURE, INSECTS

- 
- QUALITY
 - INFRASTRUCTURE
 - POST HARVEST HANDLING
 - MOISTURE, INSECTS,
MYCOTOXINS

- 
- QUALITY
 - INFRASTRUCTURE
 - POST HARVEST HANDLING
 - MOISTURE, INSECTS,
MYCOTOXINS, SPROUT
DAMAGE...



→ QUALITY

→ INFRASTRUCTURE

→ POST HARVEST HANDLING

→ MOISTURE, INSECTS,
MYCOTOXINS, SPROUT DAMAGE, .

→ CLEANING

- 
- QUALITY
 - INFRASTRUCTURE
 - POST HARVEST HANDLING
 - MOISTURE, INSECTS, MYCOTOXINS,
SPROUT DAMAGE, .
 - CLEANING
 - STORAGE

- 
- QUALITY
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 - MOISTURE, INSECTS, MYCOTOXINS, SPROUT DAMAGE,.
 - STORAGE
 - CLEANING

→ CASH FLOW CASH FLOW
CASH FLOW

- 
- QUALITY
 - INFRASTRUCTURE
 - POST HARVEST HANDLING
 - MOISTURE, INSECTS, MYCOTOXINS, SPROUT DAMAGE, ..
 - STORAGE
 - CLEANING
 - CASH FLOW CASH FLOW CASH FLOW

→ RELATIONSHIPS















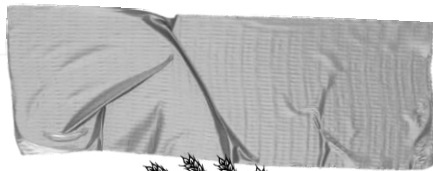


GOAL:
LASTING
RELATIONSHIPS
WITH OUR
GROWERS



ANSON MILLS





Small Valley Milling



STONE MILLED • LOCALLY SOURCED • ORGANIC

MAINE GRAINS.



CAROLINA GROUND

GROWN & GROUND
IN THE SOUTH



ANSON MILLS

Aurora
MILLS & FARM





Heritage Grains Hand Cultivated
HAYDEN
FLOUR MILLS



Small Valley Milling
SVM



STONE MILLED • LOCALLY SOURCED • ORGANIC

MAINE
GRAINS.

ANSON MILLS



CAROLINA
GROUND

GROWN & GROUND
IN THE SOUTH

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MAINE GRAINS.



CAROLINA GROUND

GROWN & GROUND
IN THE SOUTH





GEECHIE BOY
MILL

1847

Stone Mills
at Janie's Farm



LONESOME
STONE
MILLING

Lone Rock, VA



Heritage Grains Hand Cultivated
HAYDEN
FLOUR MILLS

STONE MILLED • LOCALLY SOURCED • ORGANIC

MAINE
GRAINS.



anarchy acres
Heritage Wheat and Stone Ground Flour

Bluebird
Grain Farms



Flourist

COMMUNITY
GRAINS
WHOLE MILLED • 100% WHOLE GRAIN

Capay Mills

SHAGBARK
SEED & MILL

Small Valley Milling



ANSON MILLS

GRIST & TOLL
— AN URBAN FLOUR MILL —
LOS ANGELES

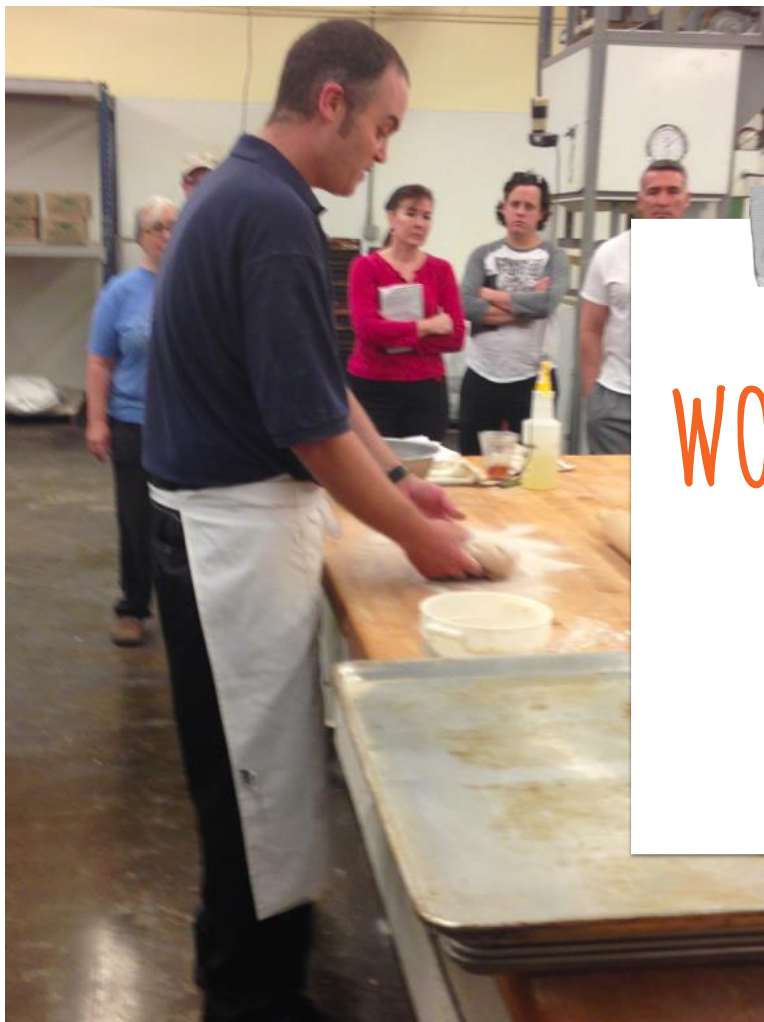
CAROLINA
GROUND
GROWN & GROUND
IN THE SOUTH

EST. 2016
BARTON
Springs Mill
AUSTIN, TX

100% ORGANIC
Aurora
MILLS & FARM



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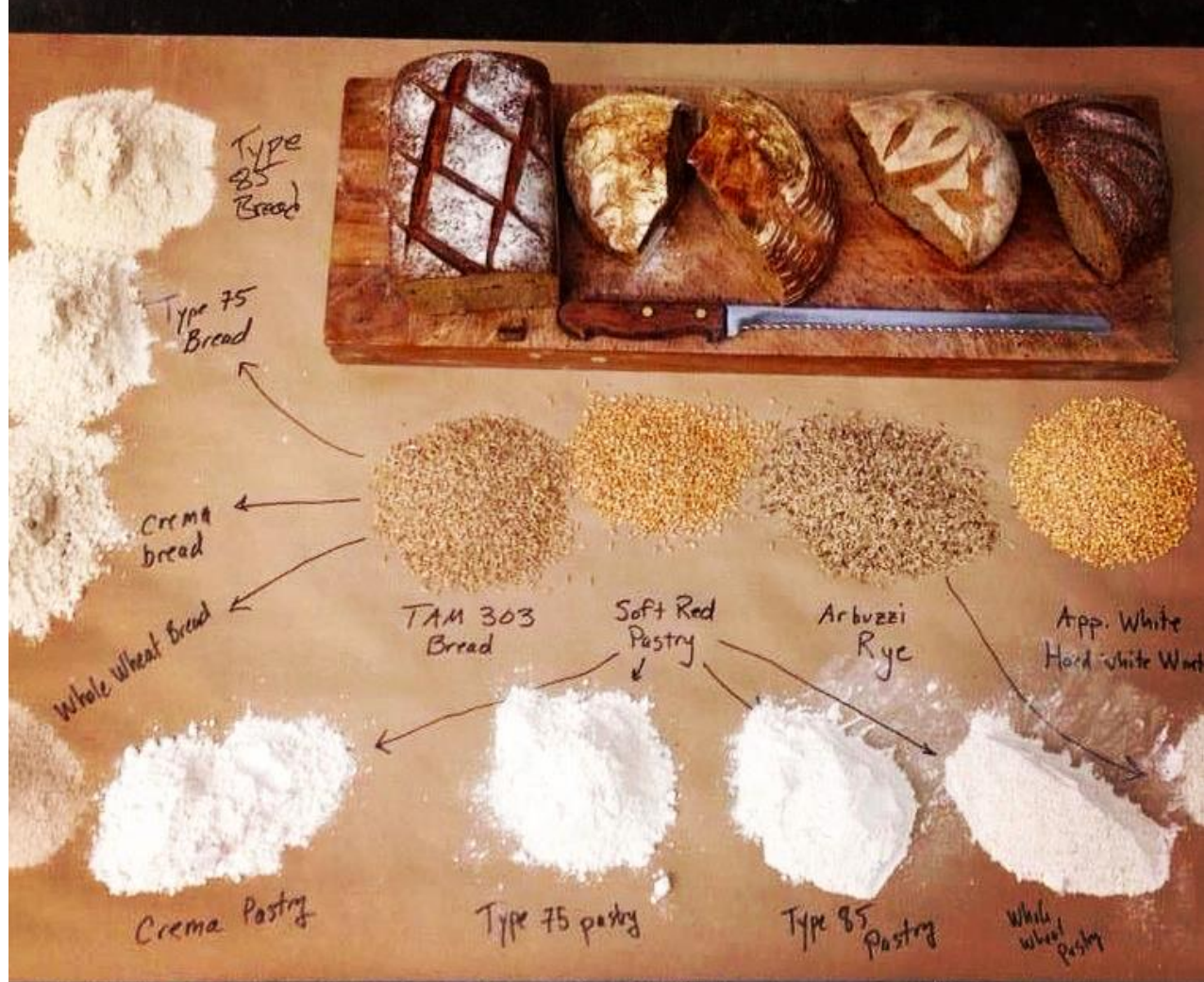


WORKSHOPS!











CREMA
RYE

LIGHT
RYE

85 AP

TRINITY

LA FARM

BAKERY



Heirloom Wren's Abruzzi Rye

The traditional rye of the Carolina's, Heirloom Wren's Abruzzi Rye is a low glycemic, non-GMO, organic grain. Grown locally by Billy Carter of Pinehurst, North Carolina and milled by Carolina Ground of Asheville, North Carolina, this grain is one of the most versatile and impressive, surviving many years of natural selection making it a staple for winter grains. LaFarm is committed to utilizing and showcasing the nutritional aspects and deliciousness of this grain.



Scandinavian Rye

Filled with millet, sunflower seeds, and sprouted rye berries, this dense bread pairs perfectly with smoked salmon



Rye Hand Pie

Crust made with local rye flour, filled with hazelnut chocolate spread and strawberries, finished off with a chocolate ganache



Rye Bread

A traditional european bread made with North Carolina grown and cold-stone milled rye flour



Rye Cookie

Made with local rye flour, cocoa powder, chocolate chips, and vanilla sea salt



BREEDING FOR PERFORMANCE
ON FARM AND PERFORMANCE
IN BAKERY

AND NOW

BREEDING FOR FLAVOR





