



A BEGINNER'S GUIDE TO

Fresh Milled Flour

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Why Fresh Milled Flour?

The difference you can taste — and feel.

For most of history, bread was made from grain ground fresh and baked the same day. Modern commercial flour looks very different: stripped of the bran and germ, bleached, bromated, and sitting on a shelf for months before it ever reaches your kitchen. Fresh milling brings you back to the way God designed grain — whole, alive, and nourishing.

When you mill your own flour, you're using the entire wheat berry — bran, germ, and endosperm — just as it was created. Nothing is removed. Nothing is added. That means you get the full spectrum of vitamins, minerals, and fiber that commercial flour simply cannot offer.

Key benefits of fresh milled flour:

- **Higher Nutrition:** Vitamins B1, B2, B3, B6, and E, folic acid, and minerals like magnesium and zinc are naturally present in the whole berry — and Vitamin E in particular is largely destroyed in commercial milling and storage.
- **Better Digestibility:** Many people who struggle with conventional wheat find fresh milled flour much gentler on their digestive system — myself included. The difference can be remarkable.
- **Superior Flavor:** Fresh flour has a rich, nutty, complex flavor that store-bought simply cannot replicate. Once you taste it, there is no going back.
- **No Additives:** No bleach, no bromate, no enrichment chemicals — just pure whole grain the way God designed it.
- **Cost Effective:** Buying wheat berries in bulk is significantly cheaper than premium store-bought flour over time, especially once you find a good source.

A Note From Shannon

After years of avoiding wheat entirely due to how it made me feel, fresh milled flour changed everything. I started baking bread again — real bread — and my body responded completely differently. That transformation is why I am so passionate about sharing this with you

Choosing Your Grain Mill

Your most important investment — choose wisely.

A quality grain mill is the heart of fresh milled flour baking. There are two main types to consider, each with their own strengths. The good news: either one will produce beautiful, nutritious flour for your family.

MILL TYPE	BEST FOR	NOTES
Impact/ High Speed	Artisan texture, nutrient preservation	Fast, produces a fine flour. Most popular for bread making
Stone Burr	Artisan texture, nutrient preservation	Low heat milling, adjustable coarseness. Beautiful for whole grain baking.
Manual/ Hand Mill	Off grid, Small batches	No electricity needed. Fully self-sufficient

Shannon's Personal Mill Recommendation

I personally use and love the [NutriMill Classic](#) — it produces a beautifully fine flour and is a workhorse for regular bread baking. If you prefer stone milling, the [NutriMill Harvest Stone Mill](#) is a wonderful option that mills at lower heat, beautifully preserving nutrients. Both are excellent investments that will serve your family for years to come.

Affiliate disclosure: I am a NutriMill affiliate. If you purchase through my link, I may earn a small commission at no extra cost to you. I only recommend products I personally use and believe in.

What to look for in any mill:

An adjustable grind setting — coarse for cereals, fine for bread flour

At least 600–1200 watts of power for electric mills used regularly

A large hopper if you bake in volume — great for weekly batch baking

Warranty and customer support — this is a long-term investment worth protecting

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Understanding Wheat Berries

Not all wheat is the same — here's what you need to know.

Wheat berries are simply whole, unprocessed wheat kernels — the seed of the wheat plant. Different varieties have different protein levels, flavors, and best uses. Below are the varieties I recommend starting with, along with a few others worth knowing about.

Beginner-Friendly Varieties

- **Hard White Wheat**

My top recommendation for beginners. High protein with a mild, slightly sweet flavor — much less "wheaty" than red wheat. Produces beautiful sandwich loaves, English muffins, and pizza crust. This is my everyday go-to grain.

- **Soft White Wheat**

Lower protein, perfect for pastries, muffins, pancakes, cookies, cakes, and quick breads. A must-have in your pantry alongside Hard White.

- **Kamut (Khorasan)**

An ancient grain with large, golden kernels and a rich, buttery flavor. Easy to work with and very beginner-friendly. I love it for homemade pasta and for adding depth of flavor to my baked goods. A wonderful grain to start exploring.

Other Varieties Worth Knowing:

- **Hard Red Wheat**

Higher protein with a heartier, nuttier flavor. Excellent for rustic artisan breads. A bit more assertive in flavor — wonderful once you're comfortable with Hard White.

- **Spelt**

An ancient grain with a mild, slightly sweet, nutty flavor. More water-soluble gluten — handle gently. Wonderful in muffins and as a portion of your bread flour blend.

- **Einkorn**

One of the most ancient wheats, known for its rich flavor and highly digestible gluten. On my list to explore — I have heard wonderful things from those who bake with it regularly.

Buying Wheat Berries

Look for the best deals.

I recommend purchasing grains in bulk. Not only is this a great way to save money, but you are also getting a fresher, more quality product compared to flour that has been sitting on the store shelf for months and months.

There are multiple places online and local that you can find wheat berries to purchase.

- Local Natural Grocery Stores
- Azure Standard- Good prices, but you have to pick up at a drop site.
- Amazon- Palouse brand is a great choice and certified glyphosate free
- Grand Teton Ancient Grains
- Bread Beckers- website or in store

Where Shannon Buys Her Wheat Berries

My primary source is Grand Teton Ancient Grains — high quality, beautifully grown grain that I trust completely. I have also purchased Palouse Brand on Amazon with great results. Buying in 25–50 lb bags significantly reduces your cost per pound and means you always have grain on hand.

Helpful Tips for Success

Learn from experience — yours and mine.

- **Start with Hard White Wheat**

It has the mildest flavor and is the most forgiving for beginners. Your family is least likely to notice a difference from

store-bought — a great way to ease everyone in!

- **Mill Only What You Need**

Fresh flour is most nutritious when used the day of milling. If you mill more than you will use that day, freeze it immediately to lock in that freshness and protect the delicate oils in the germ.

- **Expect a Learning Curve**

Fresh milled flour absorbs water differently than store-bought. Your dough may feel stickier at first. Trust the process and resist adding too much flour.

- **Let Dough Rest (Autolyse)**

Giving your dough 20–30 minutes to rest after mixing allows the fresh flour to fully hydrate. This dramatically improves texture and reduces stickiness.

- **Use a Scale**

Weight measurements are far more accurate with fresh milled flour. A kitchen scale is one of the best small investments you can make alongside your mill.

- **Start With Tested Recipes**

These recipes have been tested and tried using fresh milled flour. While you can convert your favorite recipes, these will set you up for immediate success. (Grains in Small Places and Bread Beckers is a great place to look for recipes)

- **Give Yourself Grace**

Fresh milled baking is a journey, not a destination. Every loaf teaches you something. The process itself — nourishing your family from scratch — is an act of love and stewardship.

Flour Storage

Keep it fresh, keep it nourishing.

One of the beautiful things about fresh milling is that you control freshness. Commercial flour sits for months — yours does not have to. Here is how to handle your flour and wheat berries for maximum nutrition and flavor.

WHAT	STORAGE METHOD	HOW LONG
Fresh milled flour (best practice)	Use same day as milling	Day of- Peak Nutrition
Fresh milled flour (short term)	Freeze immediately in sealed bag or container	3-6 months
Fresh milled flour (refrigerated)	Sealed airtight container in fridge	Up to 2 weeks
Whole Wheat Berries	Food-grade bucket with gamma-seal lid, cool & dark	25-30 years!

Pro storage tips:

- Mill and freeze immediately if you are not baking the same day — this is the best way to preserve Vitamin E and the natural oils in the germ.
- Store wheat berries in food-grade buckets with gamma-seal lids for easy access and a long-lasting seal.
- Keep berries in a cool, dark location — a basement or pantry is ideal.
- Label your containers with the variety and purchase date so you always know what you have.
- If using frozen flour, bring it to room temperature before baking for best results.

Invest in good glass jars or airtight canisters for wheat berries kept on the counter — they keep better and look beautiful in your kitchen!

You're Ready To Begin!

Fresh milled flour baking is one of the most rewarding things I have ever brought into my home. It connects us to the way families have nourished one another for thousands of years — and it is one of the most tangible ways I know to steward what God has given us well.

Start simple. Give yourself grace. And enjoy every loaf.

Follow along at @stewardingfaithfully on Instagram and TikTok for weekly recipes, tips, and encouragement. Your fresh milled flour journey is just beginning — and I am so glad to be part of it.

If you're looking for baking tools and want to support my business, you can use code

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for 20% off selected items on the NutriMill website.