

## *Harvest*

Grain is harvested in August with our McCormick combine.



Directly after harvest grain is run through a seed cleaner, a series of screens and fans that remove chaff and weed seeds - anything larger than, smaller than, or lighter than a wheat berry. It is then stored in a warm, dry place in bags or bins.



## *Milling*

Our flour is milled fresh year round. The flavor is phenomenal and will always enhance your recipes both nutritionally and deliciously. All the flour is whole grain unsifted. This means it contains more bran than most whole wheat flour you might buy in the grocery store. The bran is nutritious but it will also make things more crumbly. If you wish to use our flour to make a pastry crust we recommend using a sifter to remove some of the bran before measuring. Simple baked goods such as cookies, brownies, and quick breads can be made with 100% Upinngil flour with no recipe modification. If you are baking bread with our flour for the first time, we recommend starting with 50-50 Upinngil whole wheat and white bread flour.

Flours currently available for sale:

**Certified Organic Soft Red Winter Wheat (Low Gluten)**

**Certified Organic White Winter Wheat (Medium Gluten)**

**Certified Organic Hard Red Winter Wheat (High gluten)**

**Winter Rye\***

**Buckwheat\***

\*Note: In 2010 Rye and Buckwheat were not grown on certified organic land, however no pesticides or chemical fertilizers were used on the crop.

# Upinngil Whole Grain Flours



*Upinngil*  
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*Farmstore open every day,  
year-round 8am-7pm.*

The **LITTLE RED HEN** bakery is operated out of the home kitchen at Upinngil. Baked goods are often available for sale at the farm-store. The following are some of the Little Red Hen's signature whole wheat recipes.

## LITTLE RED HEN

### Whole Wheat Bread with Flax Seeds

Makes three 8x4 loaves or two 9x5 loaves.

Dissolve yeast in warm water. Mix in whole wheat flour, salt, sugar, and flax seeds. Let sponge sit 12 hours or overnight, at room temperature (use less yeast if room is warm, more yeast if cool). In morning, add white flour gradually while mixing until dough is stiff. Remove from bowl, hand knead with additional flour if necessary. Grease bread pans with canola oil. Divide dough evenly and form loaves, place in pans. Let rise in warm place 1 to 2 hours. Bake 30 min at 400°F.

Ingredients	Measure
Water	3 cups
Yeast	1 tsp. - 1 tbs.
Upinngil Whole Wheat Flour	5 cups
White Flour	3-4 cups
Sugar (or maple syrup, honey, etc.)	2 tbs.
Salt	1 tbs.
Flax Seeds	1/3 cup
Canola Oil	1 tbs.

### Whole Wheat Pie Crust

Makes enough for one double-crust or two single crust 9-inch pies.

Tips: For a more manageable whole wheat pie dough our Upinngil flour should be sifted to remove large bran flakes prior to measuring. Bran can be set aside for use in other recipes. I find that using an electric stand mixer with a paddle attachment is the easiest way to mix the dough.

Combine flour and salt in bowl of electric mixer. Cut butter into small pieces and add to flour one at a time while mixer is running. Watch carefully until coarse crumbs form then add water slowly. Stop mixing as soon as it is combined. Form dough into ball and refrigerate 30 min. Divide in half and roll out. Fit to pie pan.

Ingredients	Measure
Upinngil Whole Wheat Flour, sifted	2 1/2 cups
Salt	1 tsp.
Sugar	1 tbs.
Unsalted butter, cold	1 cup, 8 oz.
Ice water	1/4 cup

### Whole Wheat Chocolate Almond Brownies

Makes one 9x13 inch pan.

In a medium saucepan melt butter and chocolate over low heat. Mix dry ingredients separately then add to saucepan and mix. Add syrup, eggs, vanilla and combine, beating eggs well. Stir in almonds saving some to sprinkle on top. Pour into greased pan. Bake at 350F for 35 min.

Ingredients	Measure
Unsweetened baking chocolate	6 oz.
Unsalted butter	12 tbs. (6 oz.)
Upinngil Whole Wheat Flour	1 1/3 cups
Sugar	2 cups
Maple Syrup	1/2 cup
Salt	1/2 tsp.
Eggs	5 large
Vanilla	1 1/2 tsp.
Sliced Almonds	1 1/2 cups

### Whole Wheat Oatmeal Chocolate Chip Cookies

Makes 20 medium sized cookies.

Whisk flour, salt, and baking powder together in small mixing bowl. In bowl of electric mixer cream butter, white sugar, and brown sugar. Beat in eggs, milk, and vanilla. On lowest speed, gradually add flour mixture. Add oatmeal. Add chocolate chips, mix briefly. Grease cookie sheets, drop dough on by tablespoon. Bake 12 to 14 min at 375°F. To prevent spreading dough can be chilled on sheets prior to baking.

Ingredients	Measure
Unsalted Butter	1/2 cup
White Sugar	1/2 cup
Dark Brown Sugar	1/2 cup
Egg	1
Milk	1 tbs.
Vanilla	1 tsp.
Upinngil Whole Wheat Flour	1 cup
Salt	1/2 tsp.
Baking Powder	1/2 tsp.
Rolled Oats	1 cup
Chocolate Chips	3/4 cup