

A bundle of golden wheat stalks is positioned on the left side of the page, extending from the top to the bottom. The background is a light-colored, textured surface.

2024

WHEAT CHEAT SHEET

REVISION: 05.30.24



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Disclaimer: This is a living document. Please refer to our website for the most up-to-date information.



Barton Springs Mill grains, flours, and meals are now CCOF certified organic. CCOF is among the most stringent certifying bodies in the US.



We are now also certified by the Regenerative Organic Certified Alliance. As our farmers, become certified, watch for this label to appear on select BSM products. Learn more at regenorganic.org.



FROM THE FIELDS



May, 2023. Members of the BSM team made pre-inspection visits to all of our farmer partners in Texas and Oklahoma. Rainfall was hard to come by during the growing season, but sufficient to support the plants through to harvest. The resulting wheat berries were small, a condition that we like for stone-milled flours. These smaller berries are usually higher in protein, flavor, and aroma, as a result of drought stress.



FLOUR GUIDE

Are you making something
DELICATE or **STURDY**

DELICATE

Biscotti
Banana Bread
Sponge Cake
Egg Noodles
Flatbread/Tortillas
Muffins
Pancakes
Pastries
Scones

BOTH

Biscuits
Brownies
Cornbread
Croissants
Cookies
Cakes
Rolls
Pie Crust

STURDY

Bagels
Breads
Cinnamon Rolls
Crackers
Cookies
Pizza
Pasta
Pretzels
Sourdough

Use one of our
ALL PURPOSE
blends of soft and hard wheat

Start with a
SOFT WHEAT OR
ANCIENT GRAIN

Head to page 3 for Soft Wheats.
Head to page 8 for Ancient Grains.


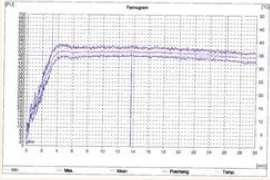

You need a
HARD WHEAT
also known as bread flour


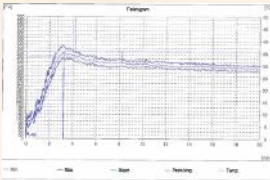

Head to page 4 for Hard Wheats.


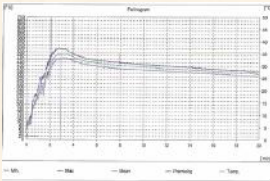

Bake falling flat or apart? Try incorporating some
hard wheat for more strength and structure.



SOFT WHEATS


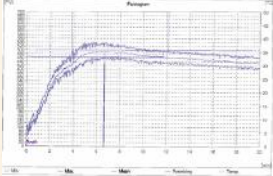

 <p>BSM Exclusive</p> <p>Certified CCOF Organic</p>	<h2>MEDITERRANEAN</h2>	<h3>TASTE & AROMA</h3> <p>Light Slightly Sweet</p>	<h3>FARINOGRAPH</h3> 
	<p>CLASS Soft Red PROTEIN 12.4% FALLING # 314</p> <p>This <u>heritage</u> wheat was brought from the seaside town of Genoa, Italy in 1819. The most grown wheat in Texas in 1919, it was soon forgotten. We have revived it.</p>	<p>GROWN IN</p>  <p>Alva, OK</p>	<p>Water absorption (corrected to 14.0%): 65.5% Development time: 13.7 min Stability: 15.2 min Time to breakdown: 27.4 min</p>


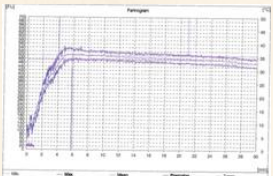

 <p>BSM Exclusive</p> <p>Certified CCOF Organic</p>	<h2>PURPLE STRAW</h2>	<h3>TASTE & AROMA</h3> <p>Honeyed Graham Malty</p>	<h3>FARINOGRAPH</h3> 
	<p>CLASS Soft Red PROTEIN 17.08% FALLING # 390</p> <p>This Colonial Era <u>heritage</u> wheat hasn't been tasted in 50 years! It was favored for baking and distilling way back when. Expect a touch of honeyed sweetness.</p>	<p>GROWN IN</p>  <p>Lamesa, TX</p>	<p>Water absorption (corrected to 14.0%): 68.7% Development time: 3.2 min Stability: 1.5 min Time to breakdown: 4.6 min</p>


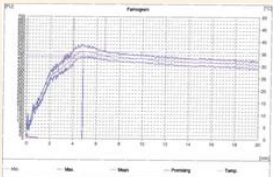

 <p>Regenerative Organic Certified</p> <p>Certified CCOF Organic</p>	<h2>SONORA</h2>	<h3>TASTE & AROMA</h3> <p>Nutty Buttery Creamed Corn</p>	<h3>FARINOGRAPH</h3> 
	<p>CLASS Soft White PROTEIN 12.76% FALLING # 408</p> <p>One of the oldest <u>heritage</u> wheat varieties in North America. Earliest records document it in the mountain plains of Sonora, Mexico in the early 1700s.</p>	<p>GROWN IN</p>  <p>Winthrop, WA</p>	<p>Water absorption (corrected to 14.0%): 71.4% Development time: 2.9 min Stability: 1.8 min Time to breakdown: 4.4 min</p>



HARD WHEATS


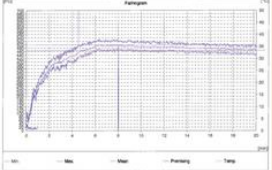

	<h2>STARDUST</h2>	TASTE & AROMA Mild Light Non-Bitter	FARINOGRAPH 
	<p>CLASS Hard White PROTEIN 15.24% FALLING # 249</p> <p>NEW! This <u>modern</u> hard white wheat has a unique blonde hue and mild flavor that makes a great base for many applications.</p>	<p>GROWN IN</p>  <p>Alva, OK</p>	Water absorption (corrected to 14.0%): 71.9% Development time: 6.7 min Stability: 8.3 min Time to breakdown: 12.1 min


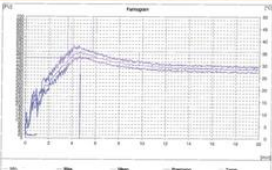

	<h2>BUTLER'S GOLD</h2>	TASTE & AROMA Cream of Wheat Graham	FARINOGRAPH 
	<p>CLASS Hard Red PROTEIN 15.83% FALLING # 428</p> <p>This high-performing <u>modern</u> wheat is a mill favorite anywhere you need a lot of strength and rise. The '00' flour from this wheat is our pick for pizza!</p>	<p>GROWN IN</p>  <p>Alva, OK</p>	Water absorption (corrected to 14.0%): 70.4% Development time: 5.9 min Stability: 17.0 min Time to breakdown: 22.9 min


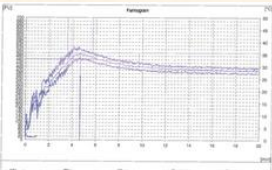

	<h2>MARQUIS</h2>	TASTE & AROMA Mild Wheat Nutty Non-Bitter	FARINOGRAPH 
	<p>CLASS Hard Red PROTEIN 12.8% FALLING # 393</p> <p>A cross between Red Fife and Red Calcutta, developed in Canada in 1906. By 1919, 11 million acres of this <u>heritage</u> wheat grew in the U.S. Yields strong, elastic dough.</p>	<p>GROWN IN</p>  <p>Seminole, TX</p>	Water absorption (corrected to 14.0%): 70.2% Development time: 4.9 min Stability: 2.8 min Time to breakdown: 7.2 min



HARD WHEATS


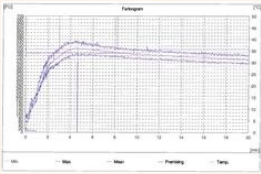

 <p>BSM Exclusive</p> <p>Certified CCOF Organic</p>	<h2>QUANNAH</h2>	<h3>TASTE & AROMA</h3> <p>Creamy Malty</p>	<h3>FARINOGRAPH</h3> 
	<p>CLASS Hard Red PROTEIN 9.4% FALLING # 469</p> <p>A BSM exclusive. Quannah was developed in 1938 and bred specifically for growing in the Texas Hill Country. Very little documentation remains.</p>	<h3>GROWN IN</h3>  <p>Alva, OK</p>	<p>Water absorption (corrected to 14.0%): 64.2% Development time: 8.1 min Stability: 15.2 min Time to breakdown: 20.8 min</p>


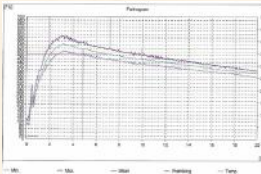
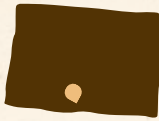
 <p>Certified CCOF Organic</p>	<h2>RED FIFE</h2>	<h3>TASTE & AROMA</h3> <p>Earthy Baking Spice Cinnamon</p>	<h3>FARINOGRAPH</h3> 
	<p>CLASS Hard Red PROTEIN 15.08% FALLING # 375</p> <p>Originally from Ukraine, it was brought to Ontario David Fife in 1840. First grown in the US by J.W. Clarke in 1860, and remained popular for several decades.</p>	<h3>GROWN IN</h3>  <p>Imperial, NE</p>	<p>Water absorption (corrected to 14.0%): 70.3% Development time: 4.7 min Stability: 2.1 min Time to breakdown: 6.0 min</p>

 <p>Certified CCOF Organic</p>	<h2>ROUGE DE BORDEAUX</h2>	<h3>TASTE & AROMA</h3> <p>Earthy Baking Spice Cinnamon</p>	<h3>FARINOGRAPH</h3> 
	<p>CLASS Hard Red PROTEIN 14.9% FALLING # 396</p> <p>This 19th century <u>heritage</u> bread flour was the favorite of French bakers for generations. Breads are noted for their nutty, sweet, rich flavor and exquisite aroma.</p>	<h3>GROWN IN</h3>  <p>Valley City, ND</p>	<p>Water absorption (corrected to 14.0%): 70.3% Development time: 4.7 min Stability: 2.1 min Time to breakdown: 6.0 min</p>





HARD WHEATS



	<h2>TAM 105</h2>	TASTE & AROMA Neutral Classic Wheat	FARINOGRAPH 
	<p> CLASS Hard Red PROTEIN 13.04% FALLING # 413 </p> <p> Developed by Texas A&M in 1976, now widely considered open-pollinated. A well performing <u>modern</u> neutral wheat suitable for mixing with high-value wheats. </p>	GROWN IN  Miles, TX	Water absorption (corrected to 14.0%): 70% Development time: 4.0 min Stability: 2.43 min Time to breakdown: 6.50 min


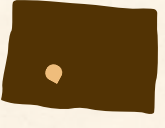
	<h2>YECORA ROJO</h2>	TASTE & AROMA Creamy Malty Buttery	FARINOGRAPH 
	<p> CLASS Hard Red PROTEIN 13.32% FALLING # 293 </p> <p> A favorite of sourdough bakers, this <u>modern</u> wheat was developed by the Int'l Maize & Wheat Improvement Center with the Mexican Ministry of Ag. </p>	GROWN IN  Monte Vista, CO	Water absorption (corrected to 14.0%): 63.2% Development time: 4.9 min Stability: 5.3 min Time to breakdown: 6.9 min





RYE GRAINS

	<h2>DANKO</h2>	TASTE & AROMA Cocoa Baking Spice	GROWN IN  Lamesa, TX
	A <u>modern</u> dark rye developed in 1976 by the Polish Plant Breeding Institute. Its deep flavor pairs very well with chocolate.		

	<h2>RYMAN</h2>	TASTE & AROMA Mild Spice Neutral	GROWN IN  Hooper, CO
	A <u>modern</u> light rye developed for forage, and seasonal erosion control. Regenerates the soil and happens to excel in performance.		



	<h2>WRENS ABRUZZI</h2>	TASTE & AROMA Subtly Sweet Light	GROWN IN  Hooper, CO
	This <u>heritage</u> light rye is a selection of Italian Abruzzi rye developed in 1953 in Georgia. A favorite of bakers and distillers.		



BUCKWHEAT



	<h2>MANCAN</h2>	TASTE & AROMA Earthy Complex	GROWN IN  Trilla, IL
	Developed at the Agriculture Canada Research Station in 1973, this variety's seed is 26% larger than the standard Tokyo variety.		



ANCIENT GRAINS

	<h2>EINKORN</h2>		
	<p>PROTEIN 16.67%*</p> <p>German for "single grain." One of the first plants to be domesticated & cultivated. Blonde variety is smaller and lighter in color.</p>	<p>TASTE & AROMA</p> <p>Toasted Graham Nutty</p>	<p>GROWN IN</p>  <p>Eugene, OR</p>



	<h2>EMMER</h2>		
	<p>First cultivated 9,600 BC in the Fertile Crescent, Emmer is also known as farro. This amazing grain is high in antioxidants and a flavorful inclusion for breads.</p>	<p>TASTE & AROMA</p> <p>Sweet Nutty</p>	<p>GROWN IN</p>  <p>Wimbledon, ND</p>



	<h2>SPELT</h2>		
	<p>PROTEIN 11.0%*</p> <p>Also known as "Dinkel," or hulled wheat. Developed through the spontaneous crossing of wild grasses & Emmer, 6000 - 5000 BC.</p>	<p>TASTE & AROMA</p> <p>Buttery Sweet Nutty</p>	<p>GROWN IN</p>  <p>Wyoming, ON, CAN</p>



*The protein % of an Ancient Grain is not indicative of baking performance.





CORN

	<h2>WHITE</h2>	TASTE & AROMA Fresh Corn Sweet	GROWN IN  Amarillo, TX
	A pearl white <u>modern</u> corn, ideal for all of your baking and cooking applications.		

	<h2>YELLOW</h2>	TASTE & AROMA Fresh Corn Sweet	GROWN IN  Amarillo, TX
	An <u>open-pollinated</u> classic golden corn for all of your baking and cooking applications.		

	<h2>OAXACAN GREEN</h2>	TASTE & AROMA Earthy Complex	GROWN IN  Amarillo, TX
	This <u>heirloom</u> dent corn is a centuries-old favorite of the Zapotec peoples. High in starch, it is utilized in tamales & tortillas.	COLOR NOTES Imparts a subtle yellow-green hue.	

	<h2>HOPI BLUE</h2>	TASTE & AROMA Classic Corn Sweet	GROWN IN  Amarillo, TX
	Precursors of this <u>heirloom</u> corn were raised for 800 years on the Arizona mesas. Used by the Hopis to make ceremonial Piki Bread.	COLOR NOTES Imparts a rich deep violet hue.	

	<h2>BLOODY BUTCHER RED</h2>	TASTE & AROMA Earthy Classic Corn	GROWN IN  New Braunfels, TX
	This <u>heirloom</u> corn was developed in Virginia in 1845. It features the most unique spin on the classic corn flavor.	COLOR NOTES Imparts a subtle muted red hue.	





VALUED FARMERS. NOURISHED CUSTOMERS.