



# 2024

## WHEAT CHEAT SHEET

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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](https://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.


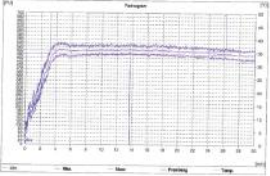

You need a  
**HARD WHEAT**  
also known as bread flour


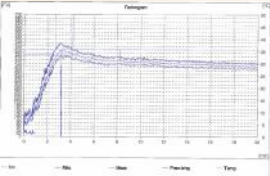

Head to page 4 for Hard Wheats.


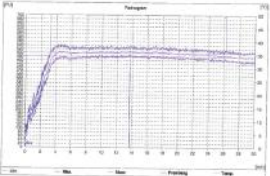

Bake falling flat or apart? Try incorporating some  
hard wheat for more strength and structure.



# SOFT WHEATS


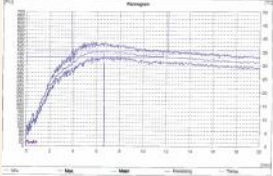

 <p><b>BSM</b> Exclusive</p> <p>Certified CCOF Organic</p>	<h2>MEDITERRANEAN</h2>	<h3>TASTE &amp; AROMA</h3> <p>Light Slightly Sweet</p>	<h3>FARINOGRAPH</h3> 
	<p><b>CLASS</b> Soft Red <b>PROTEIN</b> 12.4% <b>FALLING #</b> 314</p> <p>This <u>heritage</u> wheat was brought from the seaside town of Genoa, Italy in 1819. The most grown wheat in Texas in 1919, it was soon forgotten. We have revived it.</p>	<p><b>GROWN IN</b></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>


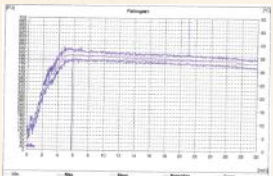

 <p><b>BSM</b> Exclusive</p> <p>Certified CCOF Organic</p>	<h2>PURPLE STRAW</h2>	<h3>TASTE &amp; AROMA</h3> <p>Honeyed Graham Malty</p>	<h3>FARINOGRAPH</h3> 
	<p><b>CLASS</b> Soft Red <b>PROTEIN</b> 17.08% <b>FALLING #</b> 390</p> <p>This Colonial Era <u>heritage</u> wheat hasn't been tasted in 50 years! It was favored for baking and distilling way back when. Expect a touch of honeyed sweetness.</p>	<p><b>GROWN IN</b></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>


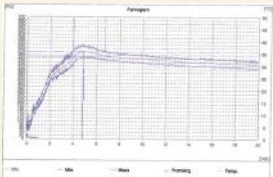

 <p>Regenerative Organic Certified</p> <p>Certified CCOF Organic</p>	<h2>SONORA</h2>	<h3>TASTE &amp; AROMA</h3> <p>Nutty Buttery Creamed Corn</p>	<h3>FARINOGRAPH</h3> 
	<p><b>CLASS</b> Soft White <b>PROTEIN</b> 10.1% <b>FALLING #</b> 322</p> <p>One of the oldest <u>heritage</u> wheat varieties in North America. Earliest records document it in the mountain plains of Sonora, Mexico in the early 1700s.</p>	<p><b>GROWN IN</b></p>  <p>Hooper, CO</p>	<p>Water absorption (corrected to 14.0%): 66.2% Development time: 5.7 min Stability: 18.2 min Time to breakdown: 22.6 min</p>



# HARD WHEATS


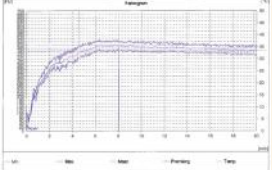

	<h2>STARDUST</h2>	<b>TASTE &amp; AROMA</b> Mild Light Non-Bitter	<b>FARINOGRAPH</b> 
	<p><b>CLASS</b> Hard White  <b>PROTEIN</b> 15.24%  <b>FALLING #</b> 249</p> <p>NEW! This <u>modern</u> hard white wheat has a unique blonde hue and mild flavor that makes a great base for many applications.</p>	<b>GROWN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


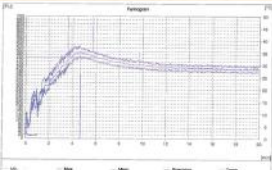

	<h2>BUTLER'S GOLD</h2>	<b>TASTE &amp; AROMA</b> Cream of Wheat Graham	<b>FARINOGRAPH</b> 
	<p><b>CLASS</b> Hard Red  <b>PROTEIN</b> 15.83%  <b>FALLING #</b> 428</p> <p>This high-performing <u>modern</u> wheat is a mill favorite anywhere you need a lot of strength and rise. The '00' flour from this wheat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


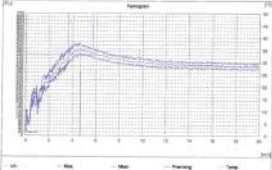

	<h2>MARQUIS</h2>	<b>TASTE &amp; AROMA</b> Mild Wheat Nutty Non-Bitter	<b>FARINOGRAPH</b> 
	<p><b>CLASS</b> Hard Red  <b>PROTEIN</b> 12.8%  <b>FALLING #</b> 393</p> <p>A cross between Red Fife and Red Calcutta, developed in Canada in 1906. By 1919, 11 million acres of this <u>heritage</u> wheat grew in the U.S. Yields strong, elastic dough.</p>	<b>GROWN IN</b>  Seminole, TX	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


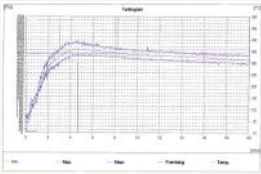

 <p><b>BSM Exclusive</b></p> <p>Certified CCOF Organic</p>	<h2>QUANNAH</h2>	<h3>TASTE &amp; AROMA</h3> <p>Creamy Malty</p>	<h3>FARINOGRAPH</h3> 
	<p><b>CLASS</b> Hard Red <b>PROTEIN</b> 9.4% <b>FALLING #</b> 469</p> <p>A BSM exclusive. Quannah was developed in 1938 and bred specifically for growing in 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>


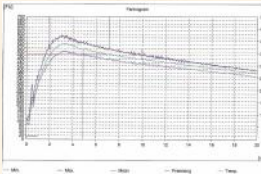

 <p>Certified CCOF Organic</p>	<h2>RED FIFE</h2>	<h3>TASTE &amp; AROMA</h3> <p>Earthy Baking Spice Cinnamon</p>	<h3>FARINOGRAPH</h3> 
	<p><b>CLASS</b> Hard Red <b>PROTEIN</b> 15.08% <b>FALLING #</b> 375</p> <p>Originally from Ukraine, it was brought to Ontario David Fife in 1840. First grown in the US 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 &amp; AROMA</h3> <p>Earthy Baking Spice Cinnamon</p>	<h3>FARINOGRAPH</h3> 
	<p><b>CLASS</b> Hard Red <b>PROTEIN</b> 14.9% <b>FALLING #</b> 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>	<b>TASTE &amp; AROMA</b> Neutral Classic Wheat	<b>FARINOGRAPH</b> 
	<p> <b>CLASS</b> Hard Red  <b>PROTEIN</b> 13.04%  <b>FALLING #</b> 413                 </p> <p>                     Developed by Texas A&amp;M in 1976, now widely considered open-pollinated. A well performing <u>modern</u> neutral wheat suitable for mixing with high-value wheats.                 </p>	<b>GROWN IN</b>  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>	<b>TASTE &amp; AROMA</b> Creamy Malty Buttery	<b>FARINOGRAPH</b> 
	<p> <b>CLASS</b> Hard Red  <b>PROTEIN</b> 13.09%  <b>FALLING #</b> 293                 </p> <p>                     A favorite of sourdough bakers, this <u>modern</u> wheat was developed by the Int'l Maize &amp; Wheat Improvement Center with the Mexican Ministry of Ag.                 </p>	<b>GROWN IN</b>  Hooper, 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



	<p><b>DANKO</b></p> <p>A <u>modern</u> dark rye developed in 1976 by the Polish Plant Breeding Institute. Its deep flavor pairs very well with chocolate.</p>	<p><b>TASTE &amp; AROMA</b></p> <p>Cocoa Baking Spice</p>	<p><b>GROWN IN</b></p>  <p>Lamesa, TX</p>
	<p><b>RYMAN</b></p> <p>A <u>modern</u> light rye developed for forage, and seasonal erosion control. Regenerates the soil and happens to excel in performance.</p>	<p><b>TASTE &amp; AROMA</b></p> <p>Mild Spice Neutral</p>	<p><b>GROWN IN</b></p>  <p>Hooper, CO</p>
	<p><b>WRENS ABRUZZI</b></p> <p>This <u>heritage</u> light rye is a selection of Italian Abruzzi rye developed in 1953 in Georgia. A favorite of bakers and distillers.</p>	<p><b>TASTE &amp; AROMA</b></p> <p>Subtly Sweet Light</p>	<p><b>GROWN IN</b></p>  <p>Hooper, CO</p>



# BUCKWHEAT



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

	<h2>BLONDE EINKORN</h2>		
	<p><b>PROTEIN</b> 15.9%*</p> <p>German for "single grain." One of the first plants to be domesticated &amp; cultivated. Blonde variety is smaller and lighter in color.</p>	<p><b>TASTE &amp; AROMA</b></p> <p>Toasted Graham Nutty</p>	<p><b>GROWN IN</b></p>  <p>Canada</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><b>TASTE &amp; AROMA</b></p> <p>Sweet Nutty</p>	<p><b>GROWN IN</b></p>  <p>Wimbledon, ND</p>

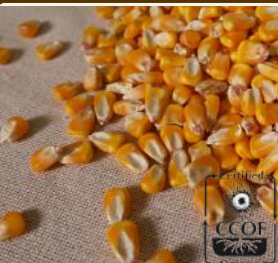

	<h2>SPELT</h2>		
	<p><b>PROTEIN</b> 11.0%*</p> <p>Also known as "Dinkel," or hulled wheat. Developed through the spontaneous crossing of wild grasses &amp; Emmer, 6000 - 5000 BC.</p>	<p><b>TASTE &amp; AROMA</b></p> <p>Buttery Sweet Nutty</p>	<p><b>GROWN IN</b></p>  <p>Wyoming, ON, CAN</p>



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





# CORN

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

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

	<h2>OAXACAN GREEN</h2>	<b>TASTE &amp; AROMA</b>  Earthy Complex	<b>GROWN IN</b>    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.	<b>COLOR NOTES</b> Imparts a subtle yellow-green hue.	

	<h2>HOPI BLUE</h2>	<b>TASTE &amp; AROMA</b>  Classic Corn Sweet	<b>GROWN IN</b>    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.	<b>COLOR NOTES</b> Imparts a rich deep violet hue.	

	<h2>BLOODY BUTCHER RED</h2>	<b>TASTE &amp; AROMA</b>  Earthy Classic Corn	<b>GROWN IN</b>    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.	<b>COLOR NOTES</b> Imparts a subtle muted red hue.	





**VALUED FARMERS. NOURISHED CUSTOMERS.**