

# Freshly Milled Wheat Berries

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## Hard Red Winter Wheat

- Protein Content: High (12-15%)
- Best Uses: Bread, pizza dough, rolls, and other yeast-leavened products.
- Characteristics: Strong gluten potential, robust flavor, ideal for hearty, structured bread.
- This flour has the strongest flavor of the hard wheat berries.



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## Hard White Wheat

- Protein Content: High (11-14%)
- Best Uses: Bread, tortillas, softer yeast breads.
- Characteristics: Milder flavor than hard red wheat, strong gluten network, produces a lighter-colored flour.
- This flour has the mildest flavor of the hard wheat berries.



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## Soft White Wheat

- Protein Content: Low (9-11%)
- Best Uses: Cakes, pastries, biscuits, and pancakes.
- Characteristics: Low gluten content, produces tender baked goods, mild flavor, best for delicate textures.

