

GENERATION ACRES FARM'S

# Freshly Milled Handbook



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[www.generationacresfarm.com](http://www.generationacresfarm.com)

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## INTRODUCTION

# Hello, I'm Kristin

You can find me on any given day cooking our meals from scratch, working on perfecting my sourdough loaves, creating new freshly milled recipes, filming my latest YouTube videos, crafting or tending to the farm and gardens.

I'm happily married to my wonderful husband and we have 4 wonderful children who bring so much joy to our lives.

My story with freshly milled flour started 12 years ago when I faced some pretty serious health issues...more on that in a minute.



I truly believe that freshly milled flour has the power to change one's health and life. I have seen countless families' lives changed by joining the modern day milling movement and I hope you will be the next!

*- Kristin Nobles*

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# This One Thing Can Change Everything

## My Life Changing Story

I was in my early twenties and dealing with chronic migraines multiple times a week. I was on a daily prescription medication to try to prevent the migraines from happening and then all sorts of prescriptions for once they inevitably hit me and took me out. Often, they were so bad and lasted for so many days that I had to go to urgent care to get shots to finally get rid of them.

After many visits with neurologists and MRIs, no one could find any reason for my frequent migraines and after walking out of the neurologists office one last time with a fist full of new prescriptions to try, I told myself there had to be a better way.

My husband and I spent the next month doing a food exclusion diet to discover some food allergies and that led me down a path towards reading food labels and completely changing the foods we were buying and consuming.

During that time, a friend of mine introduced me to freshly milled flour and life has never been the same.

I dove in with both feet, purchasing the grain mill, bucket of wheat berries and using our kitchen-aid mixer given to us on our wedding just a few years earlier. I started baking these breads and sharing them with everyone I knew.

So many people were surprised by the amazing depth of flavor that the fresh flour has – nothing like store bought "whole grain" flour which tastes bitter and old.

We immediately noticed better digestion, more energy and the ability to enjoy wheat without the bloating, headaches and fatigue.

I have been on a mission for the last 12 years helping families get started with milling their wheat fresh and baking delicious breads and baked goods like cinnamon rolls, dinner rolls, hamburger buns, sandwich bread, donuts, cakes, cookies and much more!

Now Live!



*It's here!*

Freshly Milled Bread Course

↙ JOIN THE CLASS! ↘

If you want to take a deeper dive into freshly milled baking with video tutorials and all my tips and tricks, join The Freshly Milled Bread Course today!

# Why Freshly Milled Matters

"OF THE 44 KNOWN ESSENTIAL NUTRIENTS NEEDED BY OUR BODIES AND NATURALLY OBTAINED FROM FOODS, ONLY 4 ARE MISSING FROM WHEAT; VITAMIN A, B12, AND C, AND THE MINERAL IODINE."  
SUE BECKER



## Real Food. Real Benefits.

These whole grains are loaded with beneficial vitamins and minerals. In fact, research has shown that consuming whole grains can have many **positive effects on ones health, such as lowering inflammation, improving digestion and lowering the risk of heart disease, stroke, cancer and diabetes.** (1)

When using freshly milled flour, you get the full nutritional value of the whole grain.

The outer layer(bran), contains the largest amount of insoluble fiber, magnesium, thiamine, niacin, iron and zinc.

The germ(seed) is an excellent source of B vitamins and other crucial minerals.

The endosperm(middle layer) contains protein and carbohydrates along with small amounts of B vitamins, iron and soluble fiber.





## WHY FRESHLY MILLED MATTERS CONT'D...

### A Little History Lesson About Wheat

In the 1800s and earlier, if you wanted to bake breads for your family you would take your wheat berries to the local mill on the morning you wanted to bake. Because grinding the entire wheat berry results in a nutrient-dense, but easily spoiled flour this had to be done every time you needed flour, not super convenient.

In the late 1800s, the invention of industrial milling resulted in the discovery that if you separate the bran and germ from the endosperm(middle layer), you are left with a white flour that has a longer shelf life. **The downside is that it leaves a lifeless flour, stripped of the important insoluble fiber, vitamins and minerals; all of which are essential for proper digestion and nourishment.**

### Is Whole Grain Flour From The Store The Same Thing?

Even whole grain flour sold in stores isn't the same. The whole grains are separated and then recombined and it's not the same. **The process causes vitamins and minerals to be lost and it is a lousy substitute for the real deal; freshly milled wheat berries packed with good things.**

### How Does Freshly Milled Flour Taste?

Freshly ground whole wheat has an amazing lightness and depth of flavor because the germ oil is still intact and hasn't gone rancid. It's important to use your freshly ground flour as quickly as possible after you grind it to get the absolute best flavor, keep the vital minerals and vitamins in tact and to avoid oxidation. I simply grind the amount of wheat I need for the recipe and store the whole wheat berries in a food grade bucket with tight sealing lid.



# Types Of Wheat + Supplies Needed



## Wheat

There are a variety of wheat options and it is easy to feel overwhelmed when purchasing for the first time.

For beginners, I always recommend getting HARD RED and HARD WHITE wheat for yeast breads. Things like sandwich bread, cinnamon raisin bread, cinnamon rolls, dinner rolls, pizza, hamburger buns etc.

The other wheat I recommend for beginners is SOFT WHITE wheat which is a lighter wheat and great for baked goods and pastries like pie crust, cookies, brownies, cakes etc.

Other grains you may have heard of are einkorn and khorasan or kamut(same grain, different names). I don't recommend them for beginners though.



## Supplies

One of the most important parts of milling grains is....the MILL!

There are two front runners when it comes to home milling:

NutrilMill

Wondermill

You will also need something to make the bread with. Options for that are:

Kitchen-Aid Mixer

Bosch Mixer

Ankasrum Mixer

Bread Machine



# Storing Wheat Berries



## Storing Whole Grains

Fortunately, God packaged this life-giving food perfectly to last a very long time.

When stored properly, wheat berries can last 30+ years.

Wheat berries should be stored in food grade buckets with tight sealing lids, in a cool, dry place.

Think closets, dark pantries, under the stairs storage – that sort of thing.



## Storing Freshly Milled Flour

Ideally, you should only mill as much flour as you will use immediately. Once the kernels have been cracked open(milled), oxidation causes the flour to rapidly lose it's vitamins and minerals.

If you milled too much flour, you can store the flour in a tightly sealing container or ziplock bag in the freezer. But try to use it as quickly as possible for maximum benefits.

If I mill too much flour, I put it in ziplock bags in the freezer and use it for dusting the counter when kneading breads or rolling pie crust etc.

# Finding Time For Freshly Milled Breads

## "But I am too busy!"

I know how it is, whether you stay home with your kids, work outside of the home or work from home, TIME. IS. LIMITED.

I get it, I am a busy homesteading, homeschooling, work-from-home Mom myself.

**But what if I told you that making these breads from freshly milled flour can take as little as 5 minutes?!**

I know, crazy right? But for those of us that are limited on time, I highly recommend investing in the [Zojirushi bread machine](#).

This machine is amazing and has extra settings especially for making these specialty breads.

It's as simple as this:

1. Grind the wheat – 2 minutes
2. Add all ingredients to machine – 3 minutes
3. Press the start button and walk away.

Come back 2.5 hours later to a delicious, healthy and perfectly baked loaf of bread.

Bet'cha didn't expect that! ;)

If you have a little more time or would like to make more than one loaf at a time, then the mixer method is going to be best for you. Many of us already have a kitchen-aid mixer and it's a great place to start.

You can make 2 loaves in the kitchen-aid mixer and 5-6 loaves in the bosch or Ankasrum mixer.



# More Than Just Bread

So now you know the health benefits of freshly milled flour and some of its history – hopefully you are ready to dive in to the life-changing benefits of these grains.

But in case you need more convincing, here are a few things besides bread that we have made with our freshly milled flour. A lot of these recipes can be found in my recipe book that comes FREE as a bonus in our freshly milled course.





### **Are You Ready To Dive In With Both Feet And Join The Modern Day Milling Movement?**

I sure hope you are! Sharing this amazing way of making breads and treats has been a passion of mine for the past 12 years. Since I can't invite each of you into my kitchen and share this way of baking with you in person, I developed a super in-depth course at a very reasonable price point to help you get started milling wheat!

### **YOU CAN MASTER BREAD MAKING and I can help!**

The Generation Acres Farm Freshly Milled Bread Course is an online class designed to help you learn the basics FAST so you can quickly become a more confident bread maker, specifically with freshly milled wheat.

You will learn the basics and continue to grow in your abilities as you expand into more challenging recipes like cinnamon rolls, speciality breads and more. The Freshly Milled Bread Course breaks everything down and makes learning bread making SIMPLE so you can relax and enjoy the process.

### **What if a month from now you were able to say you have mastered the art of bread making?**

Imagine how it would feel to finally bake healthy breads for you and your family and actually feel confident in the process.

Imagine that instead of buying overpriced breads with yucky ingredients from the store, you have the ability to make your own healthy, freshly milled breads and treats for your family.

Imagine being connected with others who are on the same journey with you...all committed to learning the art of bread making and making a difference in their family's health and monthly budget.

**JOIN TODAY!**

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# BASIC BREAD DOUGH

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This dough is the backbone of most of my yeast recipes. This basic bread dough is so versatile and can be turned into so many different things. This recipe makes 2 loaves of bread.



## Ingredients

- 2 cups warm/hot water
- 2 tsp. salt
- 1/2 cup olive oil
- 1/2 cup honey
- 4.5 - 5 cups freshly milled whole grain flour(I like a 50/50 mix of hard red and hard white wheat)
- 1 tbsp yeast
- 1 tsp vital wheat gluten
- 1 tbsp sunflower lecithin

## Directions

Combine wet ingredients and the salt in the mixer. (Water, salt, oil and honey)

Next add the lecithin and gluten if you are using them, as well as half your flour. Mix until well combined.

Add yeast and the rest of your flour. I like to add the flour slowly, 1/2 cup at a time and watch how the dough reacts. You don't want to add too much flour. Add just enough to where a soft dough forms and the dough begins to pull away from the sides of the bowl.

Knead dough until smooth and elastic. This takes about 6-8 minutes with a mixer and 10 minutes if you are kneading by hand. Do the window pane test to ensure the kneading has been done properly(videos in my course share the ins and outs of this process)

First rise. Move the dough to a large bowl and place somewhere warm. I like to use my barely warmed oven(preheat for a few minutes and then turn it off). Allow the dough to rise until double in size, in a warm spot that takes 30-45 minutes. If rising on the counter, cover the dough and it may take longer to double in size.

Shape loaves like I shared in the video(in my course), place in greased loaf pans and allow to rise until double in size again. Once doubled bake at 350\* F. for 25-30 minutes



# Freshly Milled Recipe eBook

If you already have knowledge of how to mill and bake breads and treats with freshly milled flour, then maybe you are just looking for some tried and true recipes to add to your collection.

This eBook has recipes for cinnamon rolls, cinnamon bread, muffins, cakes, cookies, freshly milled pop tarts and so much more! Over 20 recipes.

I NEED THIS!





### Notes

Source (1) <https://wholegrainscouncil.org/whole-grains-101>

I would LOVE to have you join the modern day milling movement! Get the course by clicking the link below and join the facebook group where you can ask me questions and get any help you may need!

**JOIN TODAY!**