

Local Spotlight: Nitty Gritty Grain Company and Butterworks Farm

Nitty Gritty Grain Company of Charlotte, Vermont produces cornmeal, cornmeal mixes and flours from certified organic



grains which have been minimally processed and blended in small batches. This results in a product with superior flavor and nutrition. Try Nitty Gritty's pancake and muffin mix, whole wheat flour, soft white wheat pastry flour, and all purpose flour.

Butterworks Farm is an organic farm located in Westfield, Vermont. In addition to the line of cultured dairy products produced there, bulk items such as flour, beans, spelt and sunflower oil are available seasonally. Try Butterworks Farms whole wheat bread flour and early riser cornmeal.

Apple Muffins

- 1 cup all-purpose flour
- 1 cup whole wheat pastry flour
- 3 tsp. baking powder
- 1 tsp. cinnamon
- ½ tsp. salt
- 1 egg
- ⅔ cup milk
- ⅓ cup melted butter or canola oil
- ⅓ cup maple syrup or brown sugar
- 1 apple, cored and chopped

Sift together flours, baking powder, cinnamon, and salt in a medium-sized bowl. In a separate bowl, mix together egg, milk, melted butter or canola oil, and maple syrup or brown sugar. Blend wet ingredients into dry ingredients. Stir gently. Lightly fold in chopped apples. Bake in a greased 12-muffin tin at 425° for 20 minutes or until golden on top.

Storage

Store whole grain flour in the freezer for up to 6 months in a tightly closed paper or plastic bag or storage container to keep the naturally occurring oils in the germ from going rancid and to keep away moisture and insects.

About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 11,000 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, organic and conventional foods, and thousands of local and Vermont-made products. Visit City Market, Onion River Co-op online at www.CityMarket.coop or call 802-861-9700.



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Flour



Whole grain flour adds color, flavor, and nutrition to all recipes. You can replace half the amount of white flour with whole grain flour in all baking recipes, from cookies and muffins to bread and pizza dough. City Market carries a variety of white and whole wheat flours that are perfect for baking, as well as gluten-free flours like buckwheat and cornmeal.

About Wheat Flour

Wheat flours are milled from soft or hard wheat berries and vary in gluten content. *Gluten* is a combination of two proteins, gliadin and glutenin that is found in wheat. Gluten influences how elastic a dough is and how chewy it will be when baked.

Whole or Refined?

Whole wheat flour contains the outer bran and nutritious inner germ (which appear as brown speckles); in white flour, these have been removed and the flour has been nutritionally fortified.

Common Types of Wheat Flour

***all-purpose flour** - refined white flour used for either bread or quick-breads, cookies, etc.

***whole wheat pastry flour** - whole wheat flour milled from soft wheat berries; soft and tender for quick-breads, cookies, pie, etc.

***whole wheat bread flour** - whole wheat flour milled from hard wheat berries; high in gluten and used for crusty bread and pizza dough.

white wheat flour - milled from hard *white* wheat berries; lighter in flavor than traditional red wheat but still 100% whole grain; can be used for either breads that need to rise or quick-breads.

Spelt - a high protein ancestor of today's common wheat that has a wider spectrum of nutrients than wheat and is more versatile. It has a hearty, nutty flavor that is great in breads or quick-breads, and some people find it more digestible than wheat.

**local in season!*

Other Bread Flours

rye - produces bread with a rich, slightly sour flavor common in Germany; also quite moist and dense because it does not rise.

six-grain - a mixture of wheat, barley, rye, buckwheat, corn, and millet flours that adds interesting flavors when mixed with bread flour.

Gluten-Free Flours

People who are gluten sensitive have trouble digesting the proteins found in gluten. Flours that contain gluten at City Market include all forms of *wheat, spelt, oat,* and *rye* flours, as well as *six-grain flour*. We offer several kinds of flour that do not contain gluten in the Bulk section, however, these flours may have come into contact with gluten-containing flours in the filling or scooping processes. Packaged gluten free flour blends are available in our grocery department in Aisle 1. Packaged gluten free flour blends are available in our grocery department in Aisle 1.

Gluten-free flours will not rise and therefore should be used for flatter, denser breads, mixed with gluten-containing flours, or used for special gluten-free baking recipes.

almond flour - a low carbohydrate and high protein option which adds a wonderful flavor to cookies, cakes, pie crusts, pancakes, macaroons and quick breads.

buckwheat flour - an earthy, gray-speckled flour rich in iron; used in buckwheat pancakes, Japanese soba noodles, and savory crepes.

brown rice flour - light, sweet, and crumbly; mix it with wheat flour or substitute a mixture of one part arrowroot plus four parts rice flour in recipes to keep them from crumbling.

chickpea flour - a high protein flour that is also known as garbanzo bean flour, gram flour, or besan and coming in Indian cooking; high in additional nutrients like iron and fiber and mild in flavor, it can be used easily in combination with other flours to add nutrient density to foods.

cornmeal - great for cornbread and corn muffins; this is more finely ground flour than polenta (the Italian name) or grits (the Southern name), which are not typically used for baking. Also check out the heirloom **Early Riser** cornmeal from Butterworks Farm.

quinoa flour - quinoa is a complete protein, making this flour a great healthful addition. It has a nutty, earthy flavor and is great in pancakes, waffles, breads, and baked goods.

Specialty Flours

We carry some varieties of flours that are mostly used for particular purposes:

semolina flour - for making homemade pasta

masa harina flour - for making corn tortillas

garbanzo bean flour - for making Indian dosas

Nitty Gritty Grain Company's Pancake and Muffin Mix - made from a blend of Vermont-grown certified organic heirloom and hybrid corns, which gives it a robust flavor and grainy texture.