



Nitty Gritty Grain Company

Charlotte, Vermont

Nitty Gritty Grain Company is a small, family-owned certified organic farming operation committed to producing delicious, wholesome, locally-grown products. Here at City Market, we carry a variety of their products in Bulk as well as in our Grocery department. You can find their flours, cornmeal, and pancake & muffin mix. Check out the Buttermilk Waffles recipe on the next page for a tasty treat featuring local flour and dairy.



Buttermilk Waffles

Ingredients:

1 cup Nitty Gritty Grain Co. all-purpose flour
1 Tbsp Nitty Gritty Grain Co. Cornmeal
1/2 tsp salt
1/4 tsp baking soda
1 large egg, separated (for a local option, try Savage Garden or Besteyfield Farms)
7/8 cup Butterworks Farm buttermilk
2 Tbsp unsalted butter, melted (for a local option, try Ploughgate Creamery)

Instructions:

Heat a waffle iron. Whisk the dry ingredients together in a medium bowl. Whisk the egg yolk with the buttermilk and melted butter. Beat the egg white until it just holds a 2-inch peak.

Add the liquid ingredients to the dry ingredients in a thin, steady stream while mixing gently with a rubber spatula. Do not add liquid faster than you can incorporate it into the batter. Toward the end of mixing, use a folding motion to incorporate the ingredients. Gently fold the egg white into the batter.

Spread an appropriate amount of batter onto the waffle iron. Follow the manufacturer's instructions, cooking the waffle until golden brown 2 to 5 minutes. Serve immediately with local butter and maple syrup.

Bulk Foods

Flour



Your Community-Owned Grocery Stores

Downtown **Burlington, VT** South End
www.citymarket.coop



About Flour

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. Additionally, we're proud to carry local options from Nitty Gritty Grain Company including their Whole Wheat Flour, All-Purpose Flour, Pastry Flour, and their signature Pancake Mix. To learn more about all of the variety in bulk and beyond, read on!

Varieties 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

Other Popular 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. 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.

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.

Oat Flour - for any kind of baking; oat flour does not contain gluten, so it should be mixed with regular flour or a leavening agent for breads, cookies, muffins or pancakes.

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. Check out the heirloom Early Riser cornmeal from Butterworks Farm.

Specialty Flours

Masa Harina Flour - finely ground corn flour made from corn; used for making corn tortillas, tamales and other Mexican dishes.

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.

Bob's Red Mill Gluten Free 1 to 1 Baking Flour - this blend of sweet rice flour, whole grain brown rice flour, potato starch, whole grain sweet white sorghum flour, tapioca flour and xanthan gum is a great gluten free certified product perfect for any baked goods.

Semolina Flour - for making homemade pasta.

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.

Flour, 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. Whole grain flour adds color, flavor, and nutrition to all recipes. Try replacing half the amount of white flour with whole grain flour.