



Grass Valley Grains



The ongoing effort by many restaurant chefs as well as individual consumers to source local fruits and vegetables has produced such terms as the 'local food movement' 'locavores' and now includes, in addition to produce, locally sourced meat, seafood, cheeses and other staples. **Produce Express** offers three items that are certainly a part of the effort to source locally, as important as any of the above and are linked to such timeless phrases as 'give us this day our daily bread' and the 'staff of life'-**locally grown wheat and corn flours from Grass Valley Grains**. Grass Valley Grains is owned and operated by **Reed Hamilton**. Reed, along with family members grow, harvest and do their own milling of several varieties of grains including **wheat, rye, oats, barley and corn**. Currently all of these crops are grown on a fifth-generation farm in **Wheatland, Ca.** and the stone mill is located in **Grass Valley**. Reed uses the principles of **sustainable** agriculture and though he farms organically and uses **non-GMO seeds**, his crops are yet to be certified organic. Any research into the subject of locally grown grains, particularly wheat and corn, quickly yields volumes of information on the history, the importance and the use of these grains in both past and current civilizations as well as the essential parts of these grains-bran, wheat germ and endosperm, followed by lessons in gluten and protein, then the recipes that produce the end products, such as **bread, pastries, pizza and polenta**. It is the use of these grains that we think will be of the most interest to our restaurant chefs as the three varieties of grains that we are offering are used to make these basic foods. The flours that we are offering from Grass Valley Grains differ in **flavor and texture** from the more familiar flours that are grown on a huge commercial scale and are known as 'all purpose' and 'unbleached' and they are not straight substitutes for the quantity using with the commercial brands. Using these grains will most likely require experimenting with and adjusting recipes. Use of local crops such as these are important to small bakeries and pasta and pizza makers that are looking for alternatives flours for their products.



Sonora Wheat Flour

A fine white flour with a nutty taste for pastries, quick breads and flat breads. Sonora white wheat was used to develop flour tortillas in Mexico's Northwest and the Southwestern United States. 10# bag



Espresso Hard Red Wheat Flour



This wheat is the premier modern bread wheat in California. It has high protein content, a rich, yeasty aroma with whole wheat flavor and the baking characteristics needed for risen breads, pancakes and muffins. 10# bag

White Corn Polenta

Ground from organic corn, this flour may be used to make traditional polenta or the hominy grits used in Southern cuisine. It must be kept refrigerated to preserve the flavorful fats found in whole kernel corn. 10# bag



Call 916-446-8918 today for pricing and availability

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