

Amy's Bread Uses Local Wheat Flour

- Thanks to customer awareness and demand, locally sourced wheat flour is now possible. We've started using local flour in some of our breads, with delicious and nutritious results! The whole wheat flour is from North Country Farms in upstate NY (near the Adirondack Mountains and the Great Lakes).
- The wheat is a soft, red winter wheat that is planted in the fall on North Country family farms. It is stone ground which is a process that retains the wheat's nutrients. Large scale commercial wheat processors use high temperatures to grind their wheat, which destroys many of the natural nutrients. That is why many commercial wheat flours are "enriched" to return the nutrients that were lost in processing.
- The flour is local to NY state so the transportation is short which uses less fuel. Furthermore, the short transportation means no preservatives or additives are required to extend the shelf life of the flour.
- Supporting providers that are committed to high quality ingredients keeps the businesses like North Country Farms viable, and encourages growth of new businesses.
- The breads we make that use this local whole wheat flour are Whole Wheat with 5 Grains, Whole Wheat Oat Pecan with Golden Raisins, Whole Wheat Challah, Rosemary, Black Olive, Tangy Sourdough, Whole Wheat Walnut, and Walnut Raisin.
- Come taste some of these breads for yourself. When you break open the bread, you will see the grains and smell the wonderful earthiness and nuttiness of the fresh local whole wheat flour!