



MILLING

101

TURNING WHEAT INTO FLOUR

Flour is the product obtained by milling wheat kernels or “berries.”

Milling originated many thousands of years ago as simply grinding wheat kernels between two stones. It has evolved into thoughtful, modern processes that efficiently isolate the three distinct parts of a wheat kernel: **bran**, the outer covering of the grain; **germ**, the embryo contained inside the kernel; and **endosperm**, the part of the kernel that makes white flour. During milling, the three parts are separated and recombined accordingly to achieve different types of flours.