



Flour Guide

NATURALLY GLUTEN-FREE* (* milled in facilities that also handle wheat)

Whole Buckwheat Flour

Camas Country Mill, Oregon ITEM: FL205

PROTEIN	MOISTURE
12%	13%



BEST USES:
Naturally gluten-free, full flavor; great for noodles, cookies, scones and of course pancakes

Garbanzo Bean Flour

North Dakota ITEM: FL100



BEST USES:
Naturally gluten-free; great for wraps, flat breads, panelle and great to combine with other flours for GF pizza

Oat Flour

Fairhaven Mills, Washington ITEM: FL165



BEST USES:
Naturally gluten-free and whole grain; good in pancakes, muffins, quick-breads and cookies

Whole Brown Teff Flour

Camas Country Mill, Oregon ITEM: FL115

PROTEIN	MOISTURE
12-13%	10-12%

BEST USES:
Whole grain, nutty, earthy, toasted flavor; excellent for gluten-free baking and traditional Ethiopian cooking

Dark Northern Whole Rye Flour

Camas Country Mill, Oregon ITEM: FL255

PROTEIN	ASH	MOISTURE
8-9%	1-1.5%	9-10%



BEST USES:
Whole grain, hearty flavor; perfect for rye and pumpernickel breads and other artisan baked goods

Elwha River Whole Spelt Flour, Hullless

Camas Country Mill, Oregon ITEM: FL240

PROTEIN	FALLING #	MOISTURE
10.5-11%	290	8-9%



BEST USES:
Whole grain, tasty, nutrient-rich, and nutty; good for pan loaves, pastas, cookies, scones, biscuits, pancakes, muffins and dutch babies

Soft White Club Wheat Pastry Flour

Camas Country Mill, Oregon ITEM: FL220

PROTEIN	FALLING #	MOISTURE
8-9%	290-300	9.5-11-9%



BEST USES:
Unbleached, fine, light in texture; ideal for pie crusts, cookies, biscuits, cakes and flaky croissants

Hard White Multi Purpose Wheat Flour

Camas Country Mill, Oregon ITEM: FL263

PROTEIN	ASH	FALLING #	MOISTURE
10-11%	1-1.25%	360-400	10-11%



BEST USES:
Unbleached, all-purpose, soft yet strong structure; great for biscuits, pancakes, quick breads, pie crusts, dinner rolls and lighter bread loaves

Sifted Hard Red Wheat Flour

Camas Country Mill, Oregon ITEM: FL223

PROTEIN	ASH	FALLING #	MOISTURE
12-13%	1-1.5%	420-480	8-9%



BEST USES:
Nutritious and flavor rich, often referred to as Bread Flour; perfect for all breads and muffins or blend with whole grain flours to boost loft and lighten artisan loaves

Hard Red Whole Wheat Flour

Camas Country Mill, Oregon ITEM: FL190

PROTEIN	ASH	FALLING #	MOISTURE
13%	1-1.6%	350-395	8-9%



BEST USES:
Whole grain, full of flavor and nutrients; ideal in crusty artisan loaves, cookies and whole grain pancakes

Hi-Gluten, Unbleached White Wheat Flour

Central Milling, Utah ITEM: FL130

PROTEIN	ASH
13.5%	.6%



BEST USES:
Hi-gluten, crusty and chewy; ideal for bagels, pizza, focaccia and sourdough loaves or blend with whole grain flour to add extensibility and strength to artisan breads

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