

## We produce three types of wheat products:

- certified organic whole wheat berries;
- freshly stone-milled certified organic flour;
- bread and baked goods made with our flour, labeled “Little Red Hen Bakery.”



**Ask about delivery!**

## one local source

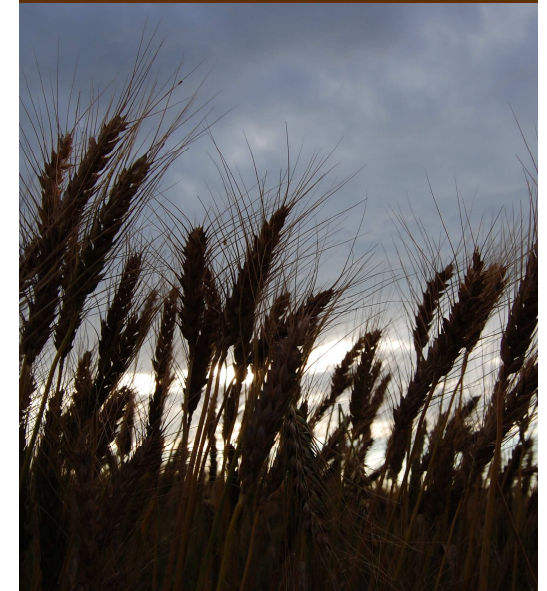


We also raise 100% grass-fed Angus, so you can have one local source for your wheat and beef.

[www.janzenfamilyfarms.com](http://www.janzenfamilyfarms.com)  
(316) 799-2670

## Janzen Family Farms

### Henry Creek Flour Mill



Newton, Kansas



## Henry Creek Flour Mill

*"Thank you for your excellent flour. It so improves upon the taste and nutrition of sourdough bread, pancakes, crêpes, and other stuff we make on a regular basis."*

— Ken, satisfied customer

### Why whole-grain?

Whole grain wheat flour includes the bran, germ and endosperm of the grain kernel or "berry," while typical white flour is composed only of the endosperm. Whole grains are more nutritious, because the bran and germ contain the majority of nutritional value. Whole grains also have more fiber than their refined counterparts. Most nutritionists and health experts agree whole grains are a key part of a healthy diet.

### Why freshly milled?

Milling whole grain flour just before you are planning to eat it is important, because whole grains begin to spoil as soon as the protective layer around the kernel is broken. We can freshly mill our flour for you, so you can avoid this spoilage as much as possible. Also, we encourage you to refrigerate or freeze our flour in order to slow down this process.

### Why stone-ground?

Stone grinding is often considered a superior way to mill flour because the

flavor of the resulting flour is delicious, and the grain is not subjected to high temperatures that may degrade its nutritional content. With stone grinding, your flour is guaranteed to contain all three parts of the kernel in their natural proportions: bran, germ and endosperm.

### Why local?

By knowing and trusting your farmer, you can judge farming methods and product quality yourself. By buying local, you are also supporting your community, helping to keep your local economy vibrant, and reducing the cost and fuel-use associated with long-distance transportation.

### Why organic?

Organic farming stipulates high standards aimed at protecting our environment now and in the long-term. These include disallowing synthetic fertilizers, chemical pesticides, artificial hormones, antibiotics and genetically modified organisms. Organic farming also aims to reduce reliance on nonrenewable fuel.

Our Kansas farm has been in the Janzen family since 1898. We strive to keep the land, air and water healthy and fruitful for our children, grandchildren and beyond.

