

# SPEERVILLE

flour mill  
Product List



Pure Food...Naturally!

## **Welcome to Speerville Flour Mill's Catalogue.**

We are an Atlantic Canada business, located in Speerville, New Brunswick. For over thirty years we have dedicated our hearts and minds to the creation of wonderful, healthful grain and food products. We hope you can find our products anywhere you live in Atlantic Canada. If you cannot, please contact us and we'll do our best to get them to you.

Inside you'll find: a letter from Todd Grant; our full product line; a condensed history of the mill; and on the back is our contact information and how to place an order.

If you're opening up our catalogue for the first time, welcome to the Speerville Family! You will find descriptions throughout on various grains and local products that will hopefully be of interest. If you are a long-time customer, thank you for your continued patronage. We would also like to thank our farmers and our production team, who work with dedication to bring you quality, natural foods!

As always, if you have any suggestions or questions about our products, we would be glad to hear from you.

Sincerely,

*Speerville Flour Mill  
Staff!*

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# The Making of Speerville Mill...

The Mill began as a cooperative effort with the local community in Speerville, New Brunswick working together and purchasing an old set of millstones from an abandoned gristmill operation in Kirkland, NB. In the late 1970s a cord wood building was erected to house the mill stones. After sitting idle for a few years, opportunity knocked in 1982 when high quality milling wheat was grown in the Grand Falls, NB area that had no market and was to be sold for feed if not rescued. Stu Fleishhacker and George Berthault drove a mechanically-challenged 1/2 ton truck to Grand Falls and purchased the grain and transported it to the Speerville Flour Mill. In freezing conditions and with fierce determination, they ground the grains into whole wheat flour and once again loaded the truck with the newly transformed grains. They drove to Fredericton on the old highway in a snowstorm and delivered the freshly ground flour to a local health food store. They returned to the area after the 72-hour expedition and a brake job later to thaw out their homes. This is the story of the first commercial endeavour of Speerville Flour Mill - accomplished with a few dollars' profit.

Speerville Flour Mill used to have all of its operations in the old cord wood building. A second building was constructed as production volumes increased over the years. The newer building houses all of the milling operation, packaging and warehousing of products while the original building is still home to the cleaning and storage of the grains as well as the office. The original millstones are still around, although they have been replaced with a larger set as its operation have grown. What began as a humble operation finding a market for locally-grown grains has become a bustling enterprise producing and distributing over 190 different products from our warehouse. Many lessons have been learned over the years, but the spirit of determination, ingenuity, and cooperative effort still drive the operations at Speerville Flour Mill. We have been proud to support the growth of organic agriculture in Atlantic Canada over the years and continue to find markets for locally-grown grains.

It is with your support of local agriculture, community effort and visions of healthy communities in Atlantic Canada that Speerville Flour Mill is proud to celebrate their 36th year in 2018. Thank-you for your support and it is with courage and determination that we look forward to serving Atlantic Canadians for generations to come.

*Todd Grant, General Manager*

# PRODUCT DESCRIPTIONS

## ***CERTIFIED ORGANIC PRODUCTS***

### Organic Wheat:

Bread wheats have high gluten content and are high in protein. Our minimum standards are 13.5% milling protein.

### Organic Heritage Wheat

**Organic Red Fife Heritage Wheat** is the parent variety of all modern wheat varieties grown in Canada today. Because most modern varieties of wheat are bred for high-input production methods, a lot of people seem to now be sensitive to wheat and wheat products, which can be found in many food items. As this variety neared extinction, a few dedicated organic farmers across the country have begun to revive this "land race" and have watched with enthusiasm as it adapts to local climates within a three-year growing period. Because of the lack of breeding and inputs used to produce this heritage variety, many people who are wheat intolerant find they can eat and enjoy Red Fife wheat. We can offer you Red Fife Wheat, grown in the Maritimes, and hope you will enjoy and support the efforts of our hard-working and dedicated organic producers.

### **Organic Stone Ground Red Fife Whole Wheat Flour**

<b>Case (6 x 2.27 kg)</b>	<b>2.27 kg</b>	<b>10 kg</b>	<b>25 kg</b>
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### **Organic Stone Ground Red Fife Light Wheat Flour**

<b>Case (6 x 2.27 kg)</b>	<b>2.27 kg</b>	<b>10 kg</b>	<b>25 kg</b>
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**Organic Red Fife Wheat Kernels:** used for home milling and as a cereal.

Delicious soaked in milk overnight and added to your favourite bread recipes.

<b>10 kg</b>	<b>25 kg</b>
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**Organic Acadia Heritage Wheat;** We now have another Heritage Wheat called, Acadia. This is a variety of wheat that was developed from a selection made in 1937 at the Experimental Farm in Indian Head, Saskatchewan. It was grown in tests in Eastern Canada starting in 1942 and was recommended for license in 1951 as "wheat for use in Eastern Canada." Here it was a consistently high yielder showing remarkably good strength and vigor of growth. According to the old research station records, Acadia and Selkirk were the two most prominent varieties of bread wheat grown in the Maritimes in the 1950's. This was a time when the region was much more self-sufficient in wheat production. It is available in the same types and sizes as Red Fife.



**Organic Wheat Bran:** The outer skin of the wheat kernel - high in fibre. Commonly used in bran muffins or sprinkled on cereals.

**10 kg**

**Organic Whole Wheat Pastry Flour:** Whole Wheat Pastry flour is low in protein and gluten and milled from locally grown, organic, soft winter wheat. This flour is ideal for cakes, cookies and pie crust.

**Case (6 x 2.27 kg)**

**2.27 kg**

**10 kg**

**Organic Soft Wheat Kernels:** Another variety of wheat berries used for home milling and as a cereal.

**10 kg**

**Organic Freekeh Wheat:** This is roasted and cracked, immature wheat kernels that have a nutty, smoky flavour. Prepare the same way as Organic Cracked Wheat.

**Case (12 x 910 g)**

**2.27 kg**

**11.34 kg**

## Organic Cereals & Baking Mixes

**Organic Couscous:** Couscous made from Semolina is native to North Africa and a staple of the Moroccan diet. It is best cooked by steaming until it is plump and can then be fluffed up with a fork. Use couscous like you would rice or as a base for any favourite stew or casserole. We also have **whole-wheat couscous** in the same sizes.

**Case (12 x 910 g)**

**2.27 kg**

**11.34 kg**

**Organic St. John Valley Cereal:** This cereal is a hearty mix of cracked wheat, cracked rye and whole flax seed. Use as a cooked breakfast cereal or in multigrain bread.

**Case (12 x 910 g)**

**2.27 kg**

**10 kg**

**Organic 7-Grain Cereal:** A coarse mixture of cracked wheat, cracked rye, corn meal, barley, millet, buckwheat flour and whole flax seed. Cook as a breakfast cereal or use to make a healthy textured loaf of bread.

**Case (12 x 910 g)**

**2.27 kg**

**10 kg**

**25 kg**

**Organic 12-Grain Cereal:** A favourite around here on a cold winter morning! Get a healthy mixture of hard wheat, rye, barley, soft wheat, oats, rice, millet, buckwheat, corn, sunflower seeds, sesame seeds and flax seed all in one bowl! What a treat!

**Case (12 x 910 g)**

**2.27 kg**

**10 kg**

**25 kg**

**Organic Maritime Sunshine Pancake Mix:** Wake up to Maritime Sunshine Pancakes or Waffles in the morning! Made from a special blend of corn flour, rye flour, buckwheat flour, baking powder and sea salt. These pancakes are a perfect alternative for those who can't eat wheat.

**Case (12 x 1 kg)**

**2.27 kg**

**10 kg**

**Organic Buckwheat Pancake Mix:** Always a favourite! This mix contains buckwheat flour, whole wheat flour, baking powder and sea salt.

**Case (12 x 1 kg)**

**2.27 kg**

**10 kg**

**Organic Whole Wheat Pancake Mix:** Many people have requested this product and we are pleased to include it in our catalog.

**Case (12 X 1 kg)                      2.27 kg                      10 kg**

**Trail Cookie Mix:** A very healthy cookie with Acadia flour and Newfound Oatmeal base. This is a very popular product. Contains: New Found oatmeal, Acadia Whole Wheat Flour, sunflower seeds, pumpkin seeds, brown flax seed, cinnamon sugar, 70% dark chocolate, raisins and sea salt.

**Case (8 X 1.5 kg)                      1.5 kg                      Case (4 X 3 kg)                      3 kg**

## Mr. Hubbard's Cupboard Baking Mixes

Organic all-purpose baking mixes exclusive to Speerville Flour Mill.

**Organic Cornucopia:** Johnny Cake and Muffin Mix. Contains corn flour, whole wheat flour, cane sugar, baking powder & sea salt.

**Case (10 x 910 g)                      910 g**

**Organic Pharaoh's Favourite:** All purpose Spelt / Kamut Baking Mix. Made from spelt flour, kamut flour, baking powder and sea salt. This mix has recipes for cookies, cake, pancakes etc.

The recipes for Rainbow Medley can also be used for this mix!

**Case (10 x 700 g)                      700 g**

**Organic Rainbow Medley:** Multi Grain Mix contains whole wheat flour, rye flour, buckwheat flour, new found oatmeal, corn flour, baking powder and sea salt.

Recipes included are: spice cake, gingerbread, pancakes and biscuits.

The recipes for Pharaoh's Favourite are interchangeable with the Rainbow Medley recipes.

**Case (10 x 700 g)                      700 g**

## Organic Kamut

Means "Soul of the Earth." Known as the "Sweet Wheat," Kamut is an older Egyptian variety of Durum Wheat that many wheat intolerant people can enjoy.

**Organic Kamut Flour:** This beautiful golden yellow flour can be used in any recipe where you would use regular cake or pastry flour.

**Case (12 x 910 g)                      2.27 kg                      10 kg                      25 kg**

**Organic Kamut Kernels:** The whole grain, can be ground at home.

**10 kg**

## Organic Spelt

This is a truly ancient grain, going 'way back' in human history. A product that many wheat intolerant people find they can enjoy. Spelt is becoming a favourite for any discerning baker because of its light texture and unique flavour.

**Organic Whole Spelt Flour:** Use in any recipe where you would use regular stone ground whole wheat flour. For yeast breads make sure not to knead in too much extra flour to keep a nice, moist, delicious nutty flavoured end product.

**Case (12 x 910 g)      Case (6 x 2.27 kg)      2.27 kg      10 kg      25 kg**

**Organic Light Spelt Flour:** Wonderful light flour for any baking with good gluten content. This is a more sifted version of our Whole Spelt Flour so does not contain all the bran and germ. It is a good way to introduce any new bakers or hesitant whole grain eaters to the unique flavour of spelt.

**Case (6 x 2.27 kg)      2.27 kg      10 kg      25 kg**

**Organic Spelt Kernels:** De-hulled spelt. Can be soaked and used in bread. Good for home grinding.

**10 kg      25 kg**

**Organic Spelt Flakes:** Spelt Kernels flattened in our roller mill. Use in baked products for a superior hearty taste.

**8 kg**

**Organic Spelt Bran:** The outer skin of the spelt kernel. Use as you would wheat bran.

**10 kg**

## Organic Rye

A winter grain, planted in the fall & harvested the following year. A great rotation crop for organic farmers, but to their disappointment, not enough consumers use rye. Why not try it?

**Organic Rye Flour:** A dark whole grain rye flour, popular for European breads and pastries. Rye is lower in gluten than wheat so for bread baking the two are usually used together. Rye flour, when used alone in any cake or cookie recipe will make a very dense moist flavourful product.

**Case (6 x 2.27 kg)      2.27 kg      10 kg      25 kg**

**Organic Rye Kernels:** Can be soaked and used as a cereal. Used in traditional pumpernickel bread.

**10 kg      25 kg**

**Organic Cracked Rye:** Cracked Rye is made from the cracked and cleaned whole rye kernel. Cracked Rye is essential to add the distinctive rye taste to any of those wonderful dark loaves of German pumpernickel bread.

**10 kg**

**Organic Rye Flakes:** Rye kernels flattened in our roller mill. Used in baked products.

**8 kg**

## Organic Oats

The grain ideally suited for the Maritime climate. We use hullless oats, higher in protein and a much more flavourful grain.

**Organic New Found Oatmeal:** Rolled oats, but different! Named by Stu's then 10-year-old son, Ezra. Once Ezra witnessed the cold rolling of oat groats into flakes, he decided to try it as a porridge and it became his favorite for breakfast, hence the name "New Found Oatmeal." This is great in any baking and of course for the classic oatmeal porridge.

**Case (12 x 910 g)                      1.82 kg                      8 kg                      20 kg**

**Organic Oat Groats:** Hullless oat kernels, try as a whole grain rice substitute. Cook as a hot breakfast cereal or use as the base for your stir-fry. Oats are a truly Maritime product.

**Case (12 x 910 g)                      2.27 kg                      10 kg**

**Organic Scottish Oatmeal:** Oat pieces traditionally used for Scottish oatcakes. Why not try Scottish Oatmeal and get the same wonderful oat flavour with a different texture!

**Case (12 x 910 g)                      2.27 kg                      10 kg**

## Organic Barley

**Organic Barley Flour:** Whole grain barley ground to a fine flour.

**2.27 kg                      10 kg                      25 kg**

**Organic Hulled Barley:** Minimally processed. Try it in soups instead of pot or pearl barley.

**Case (12 x 910 g)                      2.27 kg                      10 kg**

## Organic Amaranth

**Organic Amaranth Grain:** A very healthy, nutritious grain ideal for vegetarian recipes

**2.27 kg                      11.34 kg**

## Organic Oils

La Maison Orphee, producers of Soleil D'or brand oils, come to us from Quebec. They have been producing and marketing organic, cold-pressed, unrefined oils since 1983. These oils should be refrigerated after opening to avoid rancidity.

**Organic Olive Oil:** delicious flavoured oil most often used for salads, think Caesar! It is also a good sautéing oil; make sure not to let it burn. After refrigeration olive oil will tend to solidify so should be warmed to room temperature before using.

**1 L                      3 L                      Case (6 x 1 L)**

**Organic Sunflower Oil:** A subtle, light tasting oil that can be used for any cooking, baking or salad dressing.

**1 L                      3 L                      Case (6 x 1 L)**

**Organic Canola Oil:** This canola oil is highly flavoured and a deep golden colour. It is used for any general cooking or baking. It will impart a slight flavour to any food material in which it is used. This is a non GM Canola Oil.

**1 L                      Case (6 x 1 L)**

**Alpha Mills Organic Canola Oil:** We now have Organic Canola Oil grown and processed on PEI. This local Canola Oil is not Genetically Modified.

**500 ml**

**4 L**

**Case (12 x 500 ml)**

## Non-Organic Oil

**Grapeseed Oil:** Light tasting oil with a subtle ‘nutty’ flavour, grapeseed oil can be used for stir-fries, sautéing and fondue because it has a high smoking point. It is also a great oil for salad dressings.

**1 L**

**Case (6 x 1 L)**

## Organic Pastas

We distribute Alegria pasta, made in Quebec and the response has been excellent. The flavour of each of these pastas is distinct and delicious. Please make sure to cook it only “al dente” to avoid having it fall apart from being overcooked.

<b>Whole Wheat Spaghetti:</b>	<b>Case (8 x 300 g)</b>	<b>300 g</b>	<b>5 kg</b>
<b>Whole Wheat Elbows:</b>	<b>Case (8 x 450 g)</b>	<b>450 g</b>	<b>5 kg</b>
<b>Spinach Spaghetti:</b>	<b>Case (8 x 300 g)</b>	<b>300 g</b>	<b>5 kg</b>
<b>Spelt Spaghetti:</b>	<b>Case (8 x 300 g)</b>	<b>300 g</b>	<b>5 kg</b>
<b>Spelt Elbows:</b>	<b>Case (8 x 450 g)</b>	<b>450 g</b>	<b>5 kg</b>
<b>Veggie Spirals:</b>	<b>Case (8 x 300 g)</b>	<b>300 g</b>	<b>5 kg</b>
<b>Whole Wheat Fusili:</b>	<b>Case (8 x 300 g)</b>	<b>300 g</b>	<b>5 kg</b>
<b>Veggie Fusili:</b>	<b>Case (8 x 300 g)</b>	<b>300 g</b>	
<b>Veggie Elbows:</b>	<b>Case (8 x 450 g)</b>	<b>450 g</b>	
<b>Veggie Shells:</b>	<b>Case (8 x 300 g)</b>	<b>300 g</b>	
<b>Whole Wheat Rotelle:</b>	<b>Case (8 x 350 g)</b>	<b>350 g</b>	
<b>Whole Wheat Fettucini:</b>	<b>Case (8 x 230 g)</b>	<b>230 g</b>	
<b>Spelt Fettucini:</b>	<b>Case (8 x 230 g)</b>	<b>230 g</b>	
<b>Spinach Fettucini:</b>	<b>Case (8 x 230 g)</b>	<b>230 g</b>	
<b>Soya Spaghetti:</b>	<b>Case (8 x 300 g)</b>	<b>300 g</b>	
<b>Whole Wheat Linguini:</b>	<b>Case (8 x 230 g)</b>	<b>230 g</b>	
<b>Spinach Linguini:</b>	<b>Case (8 x 230 g)</b>	<b>230 g</b>	
<b>Garlic and Parsley Linguini:</b>	<b>Case (8 x 230 g)</b>	<b>230 g</b>	
<b>Tomato and Basil Linguini:</b>	<b>Case (8 x 230 g)</b>	<b>230 g</b>	
<b>Spelt Noodles for Soup:</b>	<b>Case (8 x 400 g)</b>	<b>400 g</b>	
<b>Whole Wheat Penne:</b>	<b>Case (8 x 300 g)</b>	<b>300 g</b>	<b>5 kg</b>
<b>White Wheat Spaghetti:</b>	<b>Case (8 x 300 g)</b>	<b>300 g</b>	

## Organic Peas & Beans

In New Brunswick, Saturday night traditionally means Baked Beans for supper. Everybody has their favourite recipe for their favourite bean. The beans need to be soaked before cooking and the split peas and lentils do not.

**Organic Black Turtle Beans:** Most common in refried beans in Mexican cooking. Relatively quick cooking bean.

**Case (12 x 910 g)                      2.27 kg                      11.34 kg**

**Organic Chick Peas:** Also called Garbanzo Beans. Slower cooking bean. Wonderful in hummus and falafel.

**Case (12 x 910 g)                      2.27 kg                      11.34 kg**

**Organic Pinto Beans:** Cowboys call these “Mexican Strawberries.” Used commonly for Mexican cooking.

**Case (12 x 910 g)                      2.27 kg                      11.34 kg**

**Organic Red Kidney Beans:** Great for Hot Chili - Wow!  
**2.27 kg                                      11.34 kg**

**Organic Green Lentils:** Good for sprouting and soups. Have you tried lentil loaf or a lentil burger?

**Case (12 x 910 g)                      2.27 kg                      11.34 kg**

**Organic Red Split Lentils:** Used as an East Indian Puree (dal), dissolves in soup

**Case (12 x 910 g)                      2.27 kg                      11.34 kg**

**Organic Green Split Peas:** Traditionally used for pea soup.

**Case (12 x 910 g)                      2.27 kg                      11.34 kg**

**Organic Yellow Split Peas:** Traditional yellow pea soup or Indian Dal.

**Case (12 x 910 g)                      2.27 kg                      11.34 kg**

**Organic Soy Beans:** A mainstay of vegetarian diets. Grown on PEI.

**Case (12 x 910 g)                      2.27 kg                      11.34 kg**

**Organic Navy Beans:** These small white beans are perfect for making baked beans.  
**2.27 kg                                      11.34 kg**

**Organic Adzuki Beans:** These are an organic, small, dried, russet colored bean with a sweet flavor, particularly popular in Japanese cooking.

**2.27 kg                                      11.34 kg**

**Organic Whole Green Peas:** Use like you would the green split peas. They are high in fiber and have low glycemic value, making them exceptionally healthy.

**2.27 kg                                      11.34 kg**

**Mung Beans:** These are small green legumes that have been part of Chinese cuisine for years. They can be eaten raw, cooked or sprouted. Mung Beans are high in potassium, fiber, magnesium and B vitamins.

**2.27 kg                                      11.34 kg**

## Organic Dried Fruits

Everyone loves dried fruit! Always a favourite for snacks and use in baking. These fruits are dried using no sulphur or sorbates as a preservative.

**Organic Apples:** These apples are pared, cored and sliced. Great to eat and excellent for snacks! They can also be added to hot breakfast cereal when cooking.

**Case (10 x 100 g)                      454 g                      2.5 kg                      11.34 kg**

**Organic Medjool Dates:** These large dates are sweet, juicy and amazing! They are great in cereals, granola or any other baking but are best eaten as they are, you won't stop at just one!

**Case (10 x 250 g)                      910 g                      5 kg**

**Organic Thompson Raisins:** These are probably the most plump, sweet, juicy and delicious raisins you'll ever eat! Popular in any baking, cereal or salad.

**Case (10 x 250 g)                      910 g                      5 kg                      13.63 kg**

**Organic Pitted Prunes:** Our pitted prunes are moist, sweet and juicy! They're great for snacking or can be stewed to plump them up.

**Case (10 x 200 g)                      910 g                      5 kg                      13.63 kg**

**Organic Dried Apricots:** These are whole pitted apricots and best eaten as they come, but also add that extra flavour to any baking. Kids will love them packed in their lunch. Because they are un-sulphured, they tend to be a little darker in colour than most other commercial apricots.

**Case (10 x 250 g)                      910 g                      5 kg                      12.5 kg**

## Organic Golden Sugar

Organic Golden Sugar: This Golden Sugar is a free-flowing granulated sugar that can be used any place you would use regular sugar. This sugar will tend to clump, so should be stored at room temperature in a sealed container to avoid picking up any moisture. This is a Fair Trade Product.

**Case (6 x 2.27 kg)                      2.27 kg                      10 kg                      25 kg**

## Low Gluten Products

A growing number of people can no longer tolerate wheat, rye, and barley because of their gluten content.

**Organic Corn Meal:** A coarse ground corn, exquisite taste, great for corn bread and the Italian favourite Polenta. Also try corn meal mush for breakfast!

**Case (12 x 910 g)                      2.27 kg                      10 kg**

**Organic Corn Flour:** A very fine flour ground from corn. Adds the great corn taste to pancakes, muffins and other baked goods.

**Case (12 x 910 g)                      2.27 kg                      10 kg**

**Organic Corn Kernels:** This is a high quality corn kernel that we use for our corn meal and our corn flour.

**10 kg                      25 kg**

**Organic Buckwheat Flour:** Buckwheat flour made from the Japanese variety of buckwheat. A traditional Canadian favourite.

**Case (12x 910 g)                      2.27 kg                      10 kg**

**Organic Buckwheat Groats:** Buckwheat Groats (Canadian sourced) are dehulled and are similar to Oat Groats in that they are very nutritious and high in protein. They can be steamed and used as a rice replacement in salads and side dishes. Buckwheat Groats can be toasted or roasted in oil for a few minutes. They are nutty in flavour, tender and plump. It is more beneficial to buy unroasted buckwheat groats as they are more flavourful.

**2.27 kg                      11.34 kg**

**Organic Popping Corn:** Almost every kernel pops! Use in a hot air popper or make the traditional way and feed your loved ones ORGANIC popcorn! No GMO's here.

**Case (12x 910 g)                      2.27 kg                      11.34 kg**

**Organic Hulled Millet:** Hulled millet is delicious eaten as breakfast porridge or as a substitute for rice. Replace bulgar with millet for Tabouli.

**Case (12 x 910 g)                      2.27 kg                      11.34 kg**

**Organic Quinoa:** The grain with the "tail!" Quinoa is an ancient cereal grain native to South America. Considered a wonder grain by some. Cook and use as you would rice.

**Case (12 x 910 g)                      2.27 kg                      11.34 kg**

**Organic Long Grain Brown Rice:** Long and narrow brown rice -cooks up light and fluffy.

**Case (12 x 910 g)                      2.27 kg                      11.34 kg**

**Organic Brown Basmati Rice:** An aromatic long, narrow grained rice used primarily in East Indian cooking. The grains stay firm and separate when cooked.

**2.27 kg                      11.34 kg**

**Organic White Basmati Rice:** Prized for its aromatic qualities. This unique rice fills your house with the fragrance of popcorn.

**2.27 kg                      11.34 kg**

**Organic Brown Rice Flour:** A good flour substitute for gluten intolerant people. Rice flour works beautifully as the thickener for any cream sauces or soups; it won't separate and has a smooth, creamy texture.

**Case (12 x 910 g)                      2.27 kg                      10 kg**

## Organic Seeds

**Organic Brown Flax Seed:** An excellent source of omega 3 fatty acids and dietary fiber. For best results grind before use.

**Case (12 x 910 g)                      2.27 kg                      11.34 kg                      22.7 kg**

**Organic Yellow Flax Seed:** Also called golden flax. This seed has almost the same nutritional qualities as the Brown variety. Some people prefer the golden color in their cooking. Again, for best results, grind before using.

**Case (12 x 910 g)                      2.27 kg                      11.34 kg                      22.7 kg**

**Organic Hulled Sunflower Seeds:** These seeds are an excellent source of vitamin E (the body's primary, fat soluble antioxidant). Also high in magnesium and selenium.

**Case (12 x 910 g)                      2.27 kg                      11.34 kg**

**Organic Unhulled Sesame Seeds:** An excellent source of polyunsaturated fat, this seed has a rich nutty flavor. These can be either added to bread or used as a topping.

**Case (12 x 910 g)                      2.27 kg                      11.34 kg**

**Organic Pumpkin Seeds:** These seeds are a delicious source of manganese, magnesium, phosphorus, tryptophan, iron and copper. They are also known as pepitas.

**2.27 kg                      10 kg**

**Organic Roasted Pumpkin Seeds:** These seeds are grown at Alpha Mills, PEI.

**2.27 kg                      10 kg**

**Organic Black Chia Seed:** This is a very versatile human "super food" and can replace fats and oils in cooking. It contains high levels of omega-3 fatty acids, protein and fibre. Its popularity is growing steadily.

**Case (10 x 350 g)                      350 g                      910 g                      2.27 kg**

**Organic Shelled Hemp Seed:** Hemp seed has an excellent nutritional profile, high in Magnesium and fiber.

**Case (10 x 300 g)                      300 g                      910 g                      2.27 kg**

## Organic Sprouting Seeds

Speerville Flour Mill carries Mum's sprouting seeds. If you have any special request please let us know - if enough interest exists in other seeds, we will bring them in.

**Sizes for all seeds below: 910 g and 2.27 kg**

**Organic Alfalfa Seeds**

**Organic Red Clover Seeds**

**Organic Radish Seeds**

**Organic Broccoli Seeds**

## Organic Sprouting Seed Blends

By Customer Demand!

**Ancient Eastern Blend:** Fenugreek, Lentils, Kamut and Adzuki Beans

**Spring Salad Mix:** Broccoli, Radish, Red Clover and Alfalfa

**Broccoli Brassica Blend:** Broccoli, Broccoli Raab, Canola, Radish, Mustard and Arugala

**Crunchy Bean Mix:** Garbanzo Beans and Mixed Lentils

**Sandwich Booster:** Red Clover, Alfalfa, Radish and Canola

**Spicy Lentil Crunch:** Mixed Lentils, Radish, Alfalfa, Red Clover, Canola, Black Mustard

## Organic Maritime Products

### **Boates Vinegar:**

Located in the Annapolis Valley near Kentville, the Boates family have been growing apples since 1960. Over 10 years ago when they saw there was no local vinegar being produced in apple growing country, they decided to revive an old Nova Scotia tradition of making apple cider vinegar. They got a good response and decided to add an organic line to their inventory. This apple cider vinegar can be used in any recipe, salad or pickle.

#### **Organic Apple Cider Vinegar**

**Case (12 x .95 L) .95 L 4 L**

**Organic Perry Vinegar:** This new product is made with “Boates excellent process” and when mixed with garlic and olive oil, it makes a wonderful salad dressing.

**Case (12 x 500 mL) 500 mL**

**Organic Balsamic Style Apple Cider Vinegar:** Its nature is similar to Balsamic Vinegar with an apple base. It is unique to Atlantic Canada.

**Case (12 x 500 mL) 500 mL**

### **Canadian Organic Maple Company:**

A commonly asked question is, “isn’t all maple syrup organic?” The simple answer is “NO.” Canadian Organic Maple Company has their very large sugar bush (over 100,000 taps) located in Divide, NB. Their syrup is produced under very strict conditions so they may bring to you a premium product from Mother Nature.

**Organic Maple Syrup:** Always a favourite on your pancakes or waffles and a delicacy when eaten with granola, yogurt or even as a popcorn topping.

**Case (12 x 250 mL) 250 mL**  
**Case (12 x 375 mL) 375 mL**  
**Case (12 x 1 L, plastic) 1 L 4 L**

**Organic Maple Sugar:** Try using this unique fine granulated sugar in baking and for a delicious cereal or toast topping. Substitute in place of other dry sweeteners.

**Case (12 x 500 g) 500 g**  
**Case (12 x 250 g) 250 g**

## **Nutsmith Foods:**

Prompting from Speerville Flour Mill now has Nutsmith Foods, located in Windsor, NS, producing organic nut butters. Naturally Nutty nut butters are freshly roasted and ground from the raw organic nuts to bring you a delicious, rich-tasting spread or addition to any recipe.

**Organic Nut Butters:** Nut butters are made with the shelled, usually roasted, and ground whole nut. Commercial nut butters, particularly peanut butter, contains added sugar, salt and stabilizers. These nut butters come to you with the only ingredient being the nut, so you get the true nut flavour! The oil may separate but all you need to do is give it a stir before using. Because there are no preservatives, these nut butters should be stored in a cool place to avoid going rancid.

**Organic Peanut Butter, Smooth or Crunchy:** Are you a smooth or crunchy peanut butter devotee? There seems to be no in between when it comes to this nut butter. We offer you both kinds to help you avoid any conflict in your household. Peanut butter is the favourite spread for bread, toast or classic peanut butter cookie.

**Case (12 x 500 g)                      500 g                      4 kg                      10 kg**

**Organic Almond Butter:** This rich, mouth-watering almond butter will make a wonderful spread for any bread. Although not as strongly flavoured as peanut butter it will impart a very subtle flavour to any cookie recipe. What a treat!

**Case (12 x 240 g)                      240 g**

**Organic Cashew Butter:** This nut butter's flavour is excellent! Best eaten on it's own right off the spoon or on a fresh piece of homemade bread!

**Case (12 x 240 g)                      240 g**

**Organic Tahini (Sesame Seed Butter):** Tahini is made from hulled and ground sesame seeds. It is one of the main ingredients in Middle Eastern hummus. Tahini, when mixed with a little molasses or maple syrup, will make a good sauce for pancakes or French toast.

**Case (12 x 500 g)                      500 g                      4 kg**

## ***NON-ORGANIC MARITIME PRODUCTS***

### Non-Organic Wheat:

All flour products at Speerville Flour Mill are stone ground to retain maximum food value and flavour. We grind our flour from high protein hard spring wheat. This wheat has a good gluten content - best for bread.

**Stone Ground Whole Wheat Flour:** This is the product that started the Speerville Flour Mill over 30 years ago! It is still the same great flour! Use as your everyday all-purpose flour, great for any baking.

**Case (6 x 2.27 kg)                      2.27 kg                      10 kg                      25 kg**

**Stone Ground Whole White Flour:** Exclusive to Speerville Flour Mill! This Whole White Flour is a little darker in colour than commercial unbleached flours because it is 85% of the original wheat kernel and still contains wheat germ so is also more nutritious. This is a good flour to use for any baking and cooking.

**Case (6 x 2.27 kg)                      2.27 kg                      10 kg                      25 kg**

**Hard Wheat Kernels:                      10 kg                      25 kg**

### **Brighton Botanicals: “Nothing added and nothing taken away”**

Located in the upper St. John River Valley, NB, all their teas and herbs are sustainably grown following strict standards. Selectively harvested & wildcrafted, air dried and hand-blended. Teas are fresh in flavour and full of vitality because they come to you in loose form, and can be enjoyed as cold drinks as well. Culinary herbs & blends and medicinal herbs are kept as whole as possible. We use no synthetic chemicals, fertilizers, fungicides, pesticides or herbicides. No added colours and preservatives, plus salt, msg and caffeine free.

**ALL packets are 28 g.** (Limited quantities available.)

#### **Teas:**

When used properly, each bag should make over 20 cups of delicious tea.

**Vitali Tea and River Valley Tea**

#### **Culinary Blends:**

**Italian Blend, Dill and Lemon Blend, Garlic Gusto, Poultry Blend**

#### **Single Herbs:**

**Celery, Lemon Balm, Raspberry Leaf, Spearmint, Peppermint, Oregano**

### **Down East Environmental Home Care Products:**

Started in 1992, these products were designed to be safe for the environment as well as the user. The products are free of phosphates, any other environmentally threatening ingredients and made in NS. They contain none of the ingredients known to cause allergenic problems.

**Liquid Laundry Detergent:** Is mild yet effective and leaves clothes free of residues and odours.

**750 ml                      4 L                      Case (4x 4 L)**

**Dishwashing Liquid:** Leaves no film or residue on dishes, leaves them sparkling clean.

**750 ml                      4 L                      Case (4x 4 L)**

**Hand and Body Wash:** Most people with allergies can use this scent free soap. It works great for a total body wash and even for shampoo. It is hypoallergenic.

**500 ml                      4 L                      Case (4x 4 L)**

**All-Purpose Cleaner:** A highly concentrated, general purpose cleaner that meets all routine, household cleaning needs.

**750 ml**

**4 L**

**Oxygen Bleach Cleaner:** A chlorine free bleach that will remove stains and brighten clothes. Safe for colours and most fabrics.

**1.5 kg**

## **Tom's of Maine Toothpaste & Personal Care Products:**

Made of pure, natural ingredients and packaged in recyclable / recycled containers. Although not produced in the Maritimes, Maine is our neighbour. If anyone in this region produces these products we would certainly carry their line.

**Toothpaste, non fluoride:** Spearmint, Fennel or Peppermint.

**Case (6 x 85 mL tubes)      85 mL**

**Silly Strawberry Children's Toothpaste:**

**Case (6 x 85 mL)      85 mL**

**Calendula Deodorant Stick:** Created specifically for people with sensitive skin. It has a combination of odour-fighting botanicals and contains only mild fragrances.

**64 g**

**Honeysuckle Deodorant Stick:** Created for women, this mild, sweet-smelling deodorant contains gentle botanicals to fight odour and soothes skin.

**64 g**

**Tom's Unscented Deodorant Sticks:** Uses coriander oil as an odor-fighting ingredient, contains lichen extract for added protection & aloe vera to soothe the skin.

**64 g**

## **Vandine's Beans:**

**Soldier Beans:** This delicious, large, kidney-shaped heritage bean with its soft skin is New Brunswick's traditional baking bean, flavoured with molasses or maple syrup, and cooks within 3-4 hours.

**Case (12 x 454 g bags)**

**2.27 kg**

**11.34 kg**

**22.7 kg**

**Yellow Eye Beans:** A favourite of Easterners who like a medium-sized round bean with a soft skin and fast-cooking qualities. Holds its shape well and can be used as a traditional baking bean as well as in soups and salads.

**Case (12 x 454 g bags)**

**2.27 kg**

**11.34 kg**

**22.7 kg**

**Jacob's Cattle Beans:** A large, burgundy-speckled bean favoured by Maritimers for its unique appearance and fast-cooking qualities. Much like the Soldier bean but has its own texture and can be used in soup or salads.

**Case (12 x 454 g bags)**

**2.27 kg**

**11.34 kg**

**22.7 kg**

## ***SPECIALTY PRODUCTS***

### **Just Us! Coffee Roasters:**

Located in Grande Pre, NS is a worker co-operative that imports and roasts delicious, fairly traded, organically grown coffee and teas. Fair trade coffee and tea has been certified to be grown sustainably under the canopy of the rain forest. The farmers are paid fairly for their products.

#### **Organic Coffees: Fairly traded**

**Tierra Madre (Mexican Morning):** This is an excellent breakfast coffee; a smooth but hearty cup to start or end your day.

**French Roast:** The most popular. Rich and full bodied, with a unique aroma.

**Rise Again Blend:** A robust and spirited blend. A great symbol not only for Atlantic Canada but for free trade!

**Rebel (Guatemalan):** A smooth coffee. Roasted with a fruity-nutty flavour.

**Magnanimo (French Roast Decaf):** A darker, full bodied version of our popular medium roast decaf.

**Italian Roast:** For those who like it really dark. A strong body with caramelized sweetness.

**Whole Beans Sizes**                      **910 g**

#### **Organic Teas: Fairly traded**

**Green Tea**                                      **20 bags/box**

**Black Ceylon Tea**                              **20 bags/box**

**Earl Grey Tea**                                      **20 bags/box**

Available in individual boxes or a case of 10 boxes

#### **Organic Cocoa**

Ethically traded all along the path from farm to consumer.

**Cocoa:** Use for hot chocolate or in cakes, dessert and sauces.

**Case (6 x 224 g)**                                      **224 g**

**Dark, Hot Chocolate Mix:** Contains 70% organic ingredients with organic cocoa and organic evaporated sugar cane. Available in **Classic Dark** and **Peppermint**.

**Case (6 x 300 g)**                                      **300 g**

**Milk, Hot Chocolate Mix:** Contains 70% organic ingredients with organic cocoa and organic evaporated sugar cane. Available in **Mexican Spicy**.

**Case (6 x 300 g)**                                      **300 g**

# CANADIAN PRODUCTS

## Green Beaver Company Ltd.:

Speerville Flour Mill is proud to support this Canadian family-run business from Hawkesbury, Ontario specializing in all-natural personal care products. Try their tasty line of fluoride-free toothpastes and subtly scented deodorants today!

**All Natural Toothpaste:** Zesty Orange, Green Apple, Frosty Mint and Star Anise.

**Case (12 x 75 mL)                      75 mL**

**All Natural Deodorant:** Lavender, Citrus, Tea Tree and Unscented.

**Case (12 x 50 g)                      50 g**

## Fiddlehead Trading Post:

All natural homemade soap with essential oils only.

Lavendar, Lemongrass, Anise, Tea Tree, Patchouli, Rosemary Mint, Cinnamon Clove, and Ginger

# OTHER PRODUCTS

## White Sea Salt

Now available in Atlantic Canada this product is from Portugal. Add a very natural salty flavour to your food.

**Case (18 x 700 g)                      700 g                      25 kg**

## Grey Sea Salt

This natural sea salt comes from Brittany as nature intended, nothing added or taken away.

**Coarse Grey Sea Salt:** It is commonly used as a topping for pretzels or breads and in French cuisine. It can also be used in the bath to sooth tired, aching muscles.

**Case (12 x 1 kg)                      1 kg                      10 kg**

**Fine Grey Sea Salt:** The same as above only ground, so it can be used as an every day table and cooking salt. This salt will tend to pick up moisture so it should be stored in an airtight container when not being used.

**Case (12 x 500 g)                      500 g                      10 kg**

**Fine Grey Sea Salt Shakers:** A convenient table-size shaker with three different sized openings so you can get the amount you need with an easy shake.

**Case (12 x 250 g)                      250 g**

### **Baking Powder**

We are no longer able to purchase a “GMO free” baking powder in the market place. In response to this, we have made our own. We found a source for the “non GM” cream of tartar and soda and we use our own organic corn flour as the filler. We are very pleased with the result.

**Case (10 x 350g)   350 g   2.27 kg   10 kg**

### **Enviro Litter**

An environmentally friendly alternative to clay cat litter. It is a natural wheat product and absorbs both odours and liquids.

**2.27 kg   10 kg**

## **What is Organic?**

Only farmers who produce food according to a set of standards, undergo evaluations and pass yearly inspections can label their products certified organic.

For food to be organic it must be grown in a high-quality soil with non-genetically altered seed and no exposure to synthetic fertilizers, pesticides, herbicides, or fungicides. The farmer must follow standards on the ethical treatment of animals and feeding procedures, with no use of hormones.

Certified organic farmers make a commitment to follow these standards which are beneficial to the health of the consumer, the environment and the economy of local communities.

# Speerville Flour Mill History Since 1982 ...

*Here is a condensed version of Speerville Flour Mill's history.  
We hope you enjoy it.*

**1982:** It was a bitter cold day in January, 1982, when Stu Fleischhaker and George Berthault loaded up a half ton truck in Grand Falls, NB with high quality milling wheat bound for Speerville to grind the first load of flour at the Speerville Flour Mill. With a major winter storm coming, and despite mechanical truck problems, the flour was ground and delivered to Fredericton, and the two weary millers returned home 72 hours later to thaw out their homes.

**1983:** From the first Speerville Flour Mill newsletter: "EDB has turned some of our members into vegetables," this is a comment regarding a chemical used to fumigate flour mills. EDB is still used today in commercial flour mills, but not in Speerville Flour Mill.

**1984:** After struggling for two years to market flour to the far reaches of the Maritimes, the fledgling flour mill gets its first distributor, Village Distributors in Moncton, now Dolphin-Village and still a major distributor of Speerville Flour Mill products to Atlantic Canada.

**1985:** Two new cereals were developed: Saint John Valley Cereal and Cream of Wheat. Speerville Flour Mill helped form the first organic farming group in the Maritimes, "SAVE" (Sustainable Agriculture for the Valley Ecosystem).

**1986:** A whopping 7-organic products available from the mill - all Maritime grown! David Cozac and Debbie Russell sent a donation to enable the Speerville Flour Mill to start producing oatmeal. Debbie and David owned Aura Whole Foods in Fredericton at the time. Later, they sold Aura and started growing organic vegetables, and now operate True Food Organics.

**1989:** Speerville Flour Mill hits the mainstream: Co-op Atlantic lists Saint John Valley Cereal and Tory Grits for the Co-op stores in Atlantic Canada. Speerville Flour Mill now sells 15 different products to Co-op Stores. Local boy Todd Grant filled the first full time job at Speerville Flour Mill. Todd is still here today, now President of Speerville Flour Milling Co-op.

**1993:** Speerville Flour Mill acquires a grain dryer that helps work with local grains.

**1995:** Bread on parade! Speerville Flour Mill employees Todd Grant and Leland Daugherty build a gigantic loaf of bread with flour and water (paper-mâché) and “drive” the loaf in three local parades. The infamous bread loaf met its demise in a campfire at the local Oak Mountain barbecue later that summer.



**1996:** A new seed cleaning plant was built for improving quality of local organic grains, a much expanded organic line of products including a new product, Buckwheat Pancake Mix, was developed by local baker Nancy Cantafio.

**1997:** A young upstart company Nabisco wants Speerville Flour Mill to stop using the name Cream of Wheat. Realizing the young upstart company probably has deeper pockets for young upstart lawyers, Speerville Flour Mill decides that Heart of the Wheat is a great name for a cereal.

**1998:** First farm trials of heritage wheat with agro-ecologist Jenn Scott were held. These trials lead to the first commercial fields since the early 1950s of Acadia milling wheat.

**1999:** Speerville Flour Mill receives the coveted Milton F. Gregg award by the Conservation Council of New Brunswick. Little did people realize that Milton Gregg was instrumental in helping Speerville Flour Mill in the mid 1970s win a grant that helped the mill start grinding.

**2000:** Speerville Flour Mill gets a new slogan - 'Pure Food...Naturally!' - by holding a slogan contest. Speerville Flour Mill hosts a hot breakfast program in the local Debec Elementary School and feeds local organic pancakes and oatmeal to students. New products developed include Maritime Sunshine Pancake Mix and 12-grain Cereal. Big, new catalogue format - 9 pages long.

**2001:** Speerville Flour Mill makes national TV when Land and Sea spends two days “shooting” Speerville. Speerville Flour Mill refuses to sell out of Atlantic Canada despite being besieged with calls from across the country. Food should be produced and consumed locally!!! New baking mixes, under the heading ‘Mr. Hubbard’s Cupboard,’ are introduced. Speerville Flour Mill débuts on Breakfast TV. The first Acorn Organic Industry Award goes to Stu for work with Speerville Flour Mill.

**2002:** After the first farm trials of heritage wheats in 1998, Speerville Flour Mill finally has Acadia Whole Wheat Flour, and this one is grown right here in Speerville to rave reviews!! Speerville Flour Mill gets Organic Nut Butters, Organic Maple Syrup, Organic Apple Cider Vinegar and Organic Teas, which are also produced right here in the Maritimes! Speerville Flour Mill has so many new products that we had to expand our warehouse that was originally built in 2001.

**2003:** The time had come and Stu was ready to hang up his boots and Todd Grant took up the challenging task of filling them by becoming Mr. Speerville Mill. Stu didn’t go far, as Nancy and he began a new venture close to the mill. By the end of this year, Speerville Flour Mill carries over 120 Organic Products.

**2004:** After a full year with Todd at the reins, the mill hasn’t missed a beat. Expanding to meet the ever-growing market, we have a full time sales representative who will be on the road to help educate customers on our exceptional products. If you are lucky he will share some of his knowledge on bread baking. He makes an exceptional loaf.

**2005:** To meet the rising costs of shipping, packaging and grain, Speerville Flour Mill streamlines operations and production. Sales increase and for the first time ever, Speerville Flour Mill is able to source ALL of its bulk grains right here in the Maritimes! We are now able to offer heritage Red Fife Wheat, and we have over 130 products!

**2006-7:** Speerville Flour Mill continues to provide loyal customers with quality products, service, and information; enabling them to make educated choices for themselves, their family, their health and their community! We now have over 140 products available.

**2008:** The folks at Speerville Flour Mill have had a rather exciting time in 2008. We started the year with a new 60 ft X 40 ft warehouse expansion. This has provided the much needed room to handle our increasing growth. We have added some new products: Chia Seed, Navy Beans and Adzuki Beans. We also have enviro litter, a natural wheat product that absorbs both odours and liquids. We are in the process of introducing a new Organic Whole Wheat Pancake mix and an Organic Whole Wheat Pizza Dough mix. All in all it’s been quite a year.

**2009:** The new products we added have started to become popular. We have learned that Chia seed is more versatile than we thought. Along with the fact that it is a human “Super food” it can be used as a replacement for fats and oils in baked goods. This makes a Speerville Oatmeal cookie a healthy meal in itself. The Whole Wheat Pancake mix is a wonderful addition with lots of favorable comments.

**2010:** Speerville Flour Mill’s expansion plans are full speed ahead with the purchase of a new oatmeal roller and a new stone ground mill. These should be up and running in 2011. We now have new offices and a new warehouse. Considering the past economic recession, Speerville Flour Mill came through in fairly good order, with strong support from the many loyal customers. The staff of the mill would like to express a most hearty “Thank You.” We look forward to serving you in 2011.

**2011:** This has proved to be a very exciting year at Speerville Flour Mill. The final piece of equipment has been installed in the New Mill, so our expansion plans have become reality. It is a most impressive facility. Another piece of good news is the high quality grain arriving from the 2011 harvest. With all the weather challenges that occurred this season, it seems that organic grain made it through with excellent results. We want to thank our ever-growing group of faithful customers for their support. Our goal for 2012 is to continue providing a variety of healthy, local and organic food products.

**2012:** We are most pleased to be in our 30<sup>th</sup> year of operation. Our new facility has been very beneficial. The grain from the 2012 season was consistently high in quality. Our hullness oats became our #1 product. People are starting to realize the excellent nutrient content of this “locally grown” grain. With another positive growth year past, we offer a most sincere “Thank You” to our loyal, faithful customers. Together with our cooperating farmers, we are helping to build a sustainable food system for Atlantic Canada. Speerville Flour Mill appreciates your support.

**2013:** 2013 has been a tumultuous year for Speerville Flour Mill. With the loss of the Sobey’s contract in March and a re-directed marketing and sales approach in July, we have had our challenges. Now as the dust is settling, once again, the support of our loyal, faithful customers has become our saving grace. Our smaller retail partners are playing a vital role in helping us stay afloat. For this we offer our sincere thanks. This clearly shows that our triple bottom line approach of placing people and the planet before profits is working.

The addition of our 4th Heritage Grain, Acadia, has been a very bright spot. This is an excellent example of a values based, value chain. We look at 2014 with all the hope and promise of a well healed gardener. Our goal is to continue building relationships with our supportive local, organic farmers and our wonderful customers. A sustainable food system is within our grasp.

**2014:** 2014 represents 32 full years of operation for Speerville Flour Mill. Our guiding principles have remained the same. We believe people and the planet are as important as profit. The way our business has rebounded from a bumpy 2013 is proof that these principles are sound.

Acadia flour continues to be popular and a wonderful addition to our heritage wheat inventory. The hullless oats never cease to amaze us. This continues to be our #1 selling grain crop and feedback from our customers on these oats has been very positive.

It is information like this that supports and justifies the way we run our business. Our path toward a sustainable food system for Atlantic Canada is well travelled by an increasing number of people. We humbly thank you for your support and look forward to working with you in 2015.

**2015:** As we finish the 33rd full year of operation we still rely on the guiding principles of our triple bottom line; "People, Planet and Profit." We call this our 3 P approach. We are very pleased to announce that our products are back on the shelves at Sobey's Stores in Atlantic Canada. Hullless Oats remain our #1 selling grain crop and the Heritage Wheat varieties are still capturing a great deal of attention. We now can offer an Organic Canola Oil, grown and processed on PEI.

Our success in operation for 33 years would not have been possible without the support of our loyal, faithful customers and our hard working local, organic farmers. For this, we offer our sincere thanks.

**2016:** 2016 was another busy year for Speerville Flour Mill. We have introduced a new flour product - Organic All Purpose Heritage Flour. This flour which is made from ancient grains, has superior baking qualities and lends itself to traditional artisan baking.

We have been promoting our Organic Oat Groats which can be used as a rice replacement. Its nutritional value is higher in protein, iron, fibre and energy than in White Rice or Quinoa.

Since Sobey's came back on line mid 2015 we have just recently increased the selection of products that can be available in their stores. The additional products are Organic Spelt Flour, Organic Rye Flour, Organic Buckwheat Pancake Mix, Organic Oat Groats, Organic Hulled Sunflower Seeds and Organic All Purpose Heritage Flour.

We changed the name of our Organic Unbleached White Flour to Organic Whole White Flour earlier this year. This was done in an effort to meet labeling regulations. There were no changes to the flour itself.

Light Spelt Flour is available again this year. Our farmers had a better Spelt crop than in the previous two years.

We purchased a new packaging machine this year for our products weighing up to 2 lbs. The package is now heat sealed which will prolong the shelf life of the product.

We would like to take this opportunity to thank all of our customers who continue to support Speerville Flour Mill and for buying and supporting Local.

# Placing an order

You can place an order by phone, fax or email listed below. If you are interested in setting up a food-buying group, bulk-purchasing discounts are available, please contact us for more information.

## Contact Information

Speerville Flour Mill

152 Speerville Road, Speerville, NB E7N 1S2

Toll Free Phone: 866-277-6371

Phone: 506-277-6371

Fax: 506-277-1006

Email: [speerville@xplornet.com](mailto:speerville@xplornet.com)

Website: [www.speervilleflourmill.ca](http://www.speervilleflourmill.ca)

Hours of Operation: Monday - Friday, 8am - 4pm

## Where to find Speerville Flour Mill

