

2026

WHEAT CHEAT SHEET

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ESTABLISHED 2016

BARTON SPRINGS MILL

DRIPPING SPRINGS, TX

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Barton Springs Mill grains, flours, and meals are now CCOF certified organic.

CCOF is among the most stringent certifying bodies in the US.

We are now also certified by the Regenerative Organic Certified Alliance. As our farmers become certified, watch for this label to appear on select BSM products. Learn more at regenorganic.org.

Disclaimer: This is a living document. Please refer to our website for the most up-to-date information.

DISPATCH FROM THE FIELDS







May 2023. Members of the BSM team made pre-inspection visits to all of our farmer partners in Texas and Oklahoma. Rainfall was hard to come by during the growing season, but sufficient to support the plants through to harvest. The resulting wheat berries were small, a condition that we like for stone-milled flours. These smaller berries are usually higher in protein, flavor, and aroma as a result of drought stress.

FLOUR GUIDE

Are you making something
DELICATE or **STURDY?**

DELICATE

Biscotti
Banana Bread
Sponge Cake
Egg Noodles
Flatbread/Tortillas
Muffins
Pancakes
Pastries
Scones

BOTH

Biscuits
Brownies
Cornbread
Croissants
Cookies
Cakes
Rolls
Pie Crust

STURDY

Bagels
Breads
Cinnamon Rolls
Crackers
Cookies
Pizza
Pasta
Pretzels
Sourdough

Use one of our
ALL PURPOSE
blends of soft & hard wheat

Start with a
SOFT WHEAT or
ANCIENT GRAIN

Head to page 3 for Soft Wheats.
Head to page 7 for Ancient Grains.

You need a
HARD WHEAT
also known as bread flour

Head to pages 4–5 for Hard Wheats.

Bake falling flat or apart? Try incorporating some hard wheat for more strength and structure.

SOFT WHEATS



MEDITERRANEAN

CLASS Soft Red
PROTEIN 9.4%
FALLING # 314

This heritage wheat was brought from the seaside town of Genoa, Italy in 1819. The most grown wheat in Texas in 1919, it was soon forgotten. We have revived it.

TASTE & AROMA

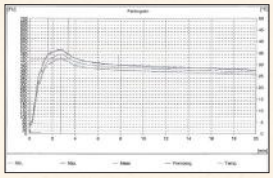
Light
Slightly Sweet

GROWN IN



Lamesa, TX

FARINOGRAPH



Water absorption (corrected to 14.0%): 65.5%
Development time: 13.7 min
Stability: 15.2 min
Time to breakdown: 27.4 min



SONORA

CLASS Soft White
PROTEIN 9.06%
FALLING # 322

One of the oldest heritage wheat varieties in North America. Earliest records document it in the mountain plains of Sonora, Mexico in the early 1700s.

TASTE & AROMA

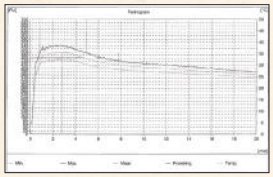
Nutty
Buttery
Creamed Corn

GROWN IN



Tokio, TX

FARINOGRAPH



Water absorption (corrected to 14.0%): 54.1%
Development time: 2.8 min
Stability: 4.2 min
Time to breakdown: 4.7 min

HARD WHEATS



BUTLER'S GOLD

CLASS	Hard Red
PROTEIN	12.1%
FALLING #	428

This high-performing modern wheat is a mill favorite anywhere you need a lot of strength and rise. The '00' flour from this wheat is our pick for pizza!

TASTE & AROMA

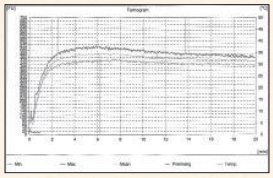
Cream of Wheat
Graham

GROWN IN



Alva, OK

FARINOGRAPH



Water absorption (corrected to 14.0%): 62.4%
Development time: 6.3 min
Stability: 11.3 min
Time to breakdown: 13.5 min



HARD WHITE WHEAT

CLASS	Hard White
PROTEIN	11.25%
FALLING #	384

NEW! This modern hard white wheat has a unique blonde hue and mild flavor that makes a great base for many applications.

TASTE & AROMA

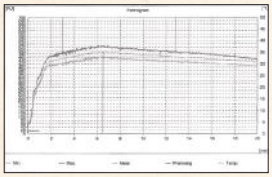
Mild
Light
Non-Bitter

GROWN IN



Portland, OR

FARINOGRAPH



Water absorption (corrected to 14.0%): 67.0%
Development time: 6.5 min
Stability: 9.8 min
Time to breakdown: 12.9 min



HEARTWELL

CLASS	Hard Purple
PROTEIN	15.45%
FALLING #	480

Heartwell is a modern purple wheat developed from the crossing of Big Country and Smith's Gold. Additionally, Heartwell has a strong, rich flavor profile and aroma.

TASTE & AROMA

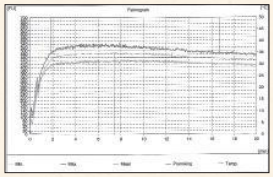
Non-bitter
Buttery
Nutty

GROWN IN



Alva, OK

FARINOGRAPH



Water absorption (corrected to 14.0%): 58.5%
Development time: 7.5 min
Stability: 14.9 min
Time to breakdown: 16.1 min

HARD WHEATS



MARQUIS

CLASS	Hard Red
PROTEIN	10.50%
FALLING #	393

A cross between Red Fife and Red Calcutta, developed in Canada in 1906. By 1919, 11 million acres of this heritage wheat grew in the U.S. Yields strong, elastic dough.

TASTE & AROMA

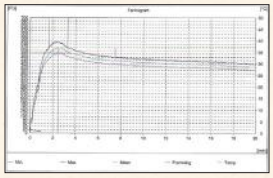
Mild Wheat
Nutty
Non-Bitter

GROWN IN



Tokio, TX

FARINOGRAPH



Water absorption (corrected to 14.0%): 61.7%
Development time: 4.2.5 min
Stability: 1.6 min
Time to breakdown: 3.6 min



ROUGE DE BORDEAUX

CLASS	Hard Red
PROTEIN	13.83%
FALLING #	396

This 19th century heritage bread flour was the favorite of French bakers for generations. Breads are noted for their nutty, sweet, rich flavor and exquisite aroma.

TASTE & AROMA

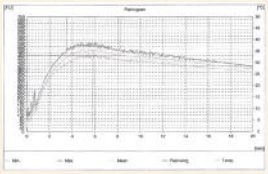
Earthy
Baking Spice
Cinnamon

GROWN IN



Tokio, TX

FARINOGRAPH



Water absorption (corrected to 14.0%): 60.7%
Development time: 5.9 min
Stability: 4.7 min
Time to breakdown: 8.3 min



YECORA ROJO

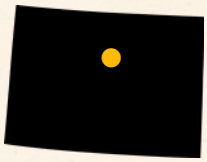
CLASS	Hard Red
PROTEIN	11.9%
FALLING #	293

A favorite of sourdough bakers, this modern wheat was developed by the Int'l Maize & Wheat Improvement Center with the Mexican Ministry of Ag.

TASTE & AROMA

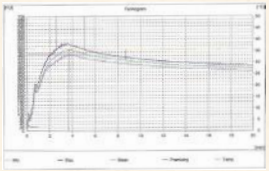
Creamy
Malty
Buttery

GROWN IN



Boulder, CO

FARINOGRAPH



Water absorption (corrected to 14.0%): 69.0%
Development time: 3.7 min
Stability: 2.5 min
Time to breakdown: 5.3 min

RYE GRAINS



RYMAN

A modern light rye developed for forage, and seasonal erosion control. Regenerates the soil and happens to excel in performance.

TASTE & AROMA

Mild Spice
Neutral

GROWN IN



Joshua, TX

ANCIENT GRAINS



BLONDE EINKORN

German for “single grain.” One of the first plants to be domesticated & cultivated. Blonde variety is smaller and lighter in color.

TASTE & AROMA

Toasted Graham
Nutty

GROWN IN



Teton, ID



EMMER

First cultivated 9,600 BC in the Fertile Crescent, Emmer is also known as farro. This amazing grain is a flavorful inclusion for breads.

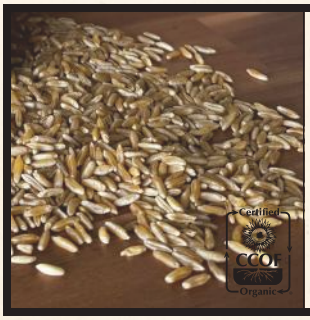
TASTE & AROMA

Sweet
Nutty

GROWN IN



Teton, ID



KHORASAN

Cultivated as an essential part of the ancient Middle Eastern diet, the whole berry is commonly cooked & included in many styles of cuisine.

TASTE & AROMA

Nutty
Buttery

GROWN IN



Teton, ID



SPELT

Also known as “Dinkel,” or hulled wheat. Developed through the spontaneous crossing of wild grasses & Emmer, 6,000–5,000 BC.

TASTE & AROMA

Buttery
Sweet
Nutty

GROWN IN



Teton, ID

*The protein % of an Ancient Grain is not indicative of baking performance.

CORN



WHITE

A pearl white modern corn, ideal for all of your baking and cooking applications.

TASTE & AROMA

Fresh Corn
Sweet

GROWN IN



San Jon, NM



YELLOW

An open-pollinated classic golden corn for all of your baking and cooking applications.

TASTE & AROMA

Fresh Corn
Sweet

GROWN IN



San Jon, NM



HOPI BLUE

Precursors of this heirloom corn were raised for 800 years on the Arizona mesas. Used by the Hopis to make ceremonial Piki Bread.

TASTE & AROMA

Classic Corn
Sweet

COLOR NOTES

Imparts a rich deep violet hue.

GROWN IN



San Jon, NM



BLOODY BUTCHER RED

This heirloom corn was developed in Virginia in 1845. It features the most unique spin on the classic corn flavor.

TASTE & AROMA

Classic Corn
Earthy

COLOR NOTES

Imparts a subtle muted red hue.

GROWN IN



Seminole, TX



VALUED FARMERS. NOURISHED CUSTOMERS.

Milled by: Barton Springs Mill, Inc
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