



*Welcome to*  
***Champagne Valley Stone-ground flour***



The wheat milled at Champagne Valley Stonemill is grown in the foothills of the Drakensberg by the Solms and Sclanders families. We are the largest Stonemill in the country. Our wheat is grown using environmentally conscious modern farming methods that conserve moisture and natural organic material in the soil and is completely GMO free. Strict monitoring during the growth of the crop ensures that only the best and healthiest wheat is produced for the Mill. This is the only way to ensure that the flour has real flavour, integrity and nutritional value. There is no need to bleach or include any additives to improve the flour. Our milling process is uniquely designed to produce a healthy flour for perfect baking. We know that you will enjoy the love and attention that has gone into it.





## WHY CHAMPAGNE VALLEY STONEMILL FLOUR?

As a result of the farmer/miller relationship, the mill is assured of receiving **only B1 grade wheat**, which is the top grade available, and that this wheat has been **grown according to sustainable and good farming practices** (e.g. no-till farming).

We also have **certification that the wheat used is 100% GMO free**. We **do not blend any wheat** - a lot of commercial mills purchase flour from different sources and of different grades/quality and mix (blend) this together to increase profit margins - we do not do this as we have an "internal" supply of wheat. Besides using only the top quality, GMO free wheat, the **stone-ground flour has the following benefits over commercially roller-ground flour**. We use a combination of roller and stone-ground milling in this process:

1. The fact that the flour is stone-ground means that the **process of milling is cooler than roller-ground milling** and hence the loss of vitamins/minerals to heat in the milling process is much lower making the flour more nutritious. The high temperatures also cause the oils in the grain to turn rancid so flour created using a roller will spoil faster than stone milled flour.
2. Stone-ground flour has an irregular shaped grain, unlike the roller-ground flour, which **provides for a better absorption rate of water**. This aids in the fermentation process and in the **yield which should be between 5 and 10 percent higher** than roller-ground - i.e. you should get additional dough from the same quantity of flour.
3. Champagne Valley stone-ground flour **is not bleached at all** (bleaching is something that we are very anti as this process uses potentially harmful chemicals and destroys natural goodness within the flour).
4. Champagne Valley stone-ground flour has absolutely **no additives or preservatives** and is therefore 100% wheat only (as the natural elements of the flour have not been destroyed or removed we have no reason to artificially "enrich" our flour).
5. The falling numbers test is a sure decider between flour. Champagne Valley Stonemill features at approximately **300 to 350** seconds.





## HEALTH BENEFITS OF STONE-GROUND FLOUR

Many of the health benefits of stone-ground flour come from the milling process itself. The stones used stay cold, unlike industrial mills that effectively burn some important nutrients in the milling process.

Wheat germ contains high levels of vitamin E, which has been suggested as a cure for many diseases. The nutritional value of flour that has been stone-ground is high, as digestibility is increased through this process.

Health benefits of eating bread with flour that has been stone-ground include lowered cholesterol and blood sugar levels. Studies have shown that by having a diet that has a low Glycemic Index (GI), weight loss may be easier, a reduction in body fat may be seen and there is a reduction in risk factors for diabetes and cardiovascular disease, all of which lead to a higher quality of life.

	Stone-ground White Flour	Roller-milled White Flour (Bleached)
Extraction	81%	72%
Protein	11.20%	10.70%
Fat	1.20%	0.70%
Carbohydrate	67%	80%
Calcium mg. per 100 g	50	22
Iron mg. per 100 g	4	1
Vitamin A (units per 100 g)	200	0
Vitamin B1 (units per 100g)	150	22
Calories per 100 g	370	370

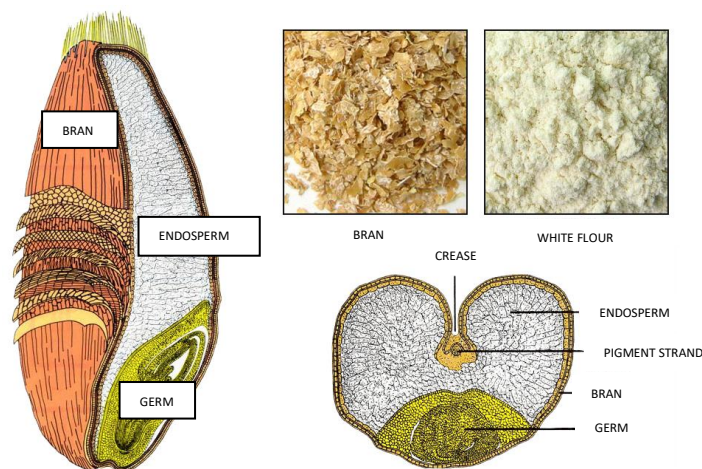
As you can see, Vitamins A and B1 are almost entirely lost in roller milled four. (chart - resilience.org, 2015)



### Further interesting information

#### **Stone-ground flour VS roller-milled (industrially ground) flour**

There are three parts that make up a grain - the bran, the germ and the endosperm. The bran provides fibre, protein and vitamins that are vital in maintaining a healthy digestive system. The germ provides B vitamins and fatty acids that are necessary for healthy brain function. The endosperm contains starches, carbohydrates, protein, iron and B vitamins. Stone-ground milling, which is done in a cool and gentle way, retains these vitamins and nutrients.



On the opposite end of the spectrum, industrially ground flour is ground using high speed rollers that heat the wheat. In this process, the bran and the germ are taken away, and in doing this, important minerals, fats, fibre and vitamins are also eliminated.

When the steel roller-milled flour was first introduced 1900s, people protested the new system due to the great loss in the nutritional content of the flour. It lacked the proteins, fats, vitamins and mineral constituents present in the original grain. It also was said to upset our gut health or intestinal flora due to the starchy content overload. In 1920, the first head of the Food and Drug Administration (FDA), Dr. Harvey Wiley who advocated for pure foods and drugs in the United States tried to outlaw refined, bleached white flour because of the processes involved with making it, and the loss of nutrition (Basey 23).



## CHAMPAGNE VALLEY STONEMILL FLOUR DATA (For the serious bakers!)

	Typical Nutritional information (as packed) - PER 100g					
		Cake Flour	White Bread	Brown Bread	Wholemeal	Rye
<b>NUTRITIONAL VALUES</b>	Energy (kJ)/100g	1381	1378	1345,0	1328	1376
	Protein %	13,24	13,67	12,2	13,78	7,4
	Carbohydrate (g/100g)	70,20	69,80	68,70	65,50	67,9
	of which total sugar (g)	6,30	6,30	6,15	6,04	6,2
	Crude Fat %	0,90	0,90	1,00	1,20	1,1
	Dietary Fibre %	2,60	2,60	4,30	6,00	6,9
	Total Sodium (mg)/100g	1,53	1,36	1,76	2,18	0,001
	<b>ADDITIONAL INFORMATION</b>	Moisture	12,60	12,90	13,00	12,50
Minerals (Ash) %		0,57	0,63	0,78	1,11	0.965 - 0.997
Hagberg Falling No (Sec)		300-350	300-350	300-350	300-350	250 - 288
Amylogramm Agglutination						690 - 715 AE
Amylogramm Gelatinisation						68.4 - 70.7 °C
<b>GRAIN INFORMATION</b>		Cake Flour	White Bread	Brown Bread	Wholemeal	Rye
	Grain Variety	SENSAKO				GERMAN (TYPE T-997)
<b>GMO FREE CERTIFICATION</b>	GMO Free Wheat Declaration from Commercial Director Sensako (Pty) Ltd dated 30 April 2015					
	GMO Free Certificate of Analysis from the GMO Testing Facility, Dept Haematology & Cell Biology, UFS dated 16/07/2015					
	GMO Free Rye Declaration from German Mill per batch consignment i.a.w. German/E.U. Foodstuffs Standards and Regulations					
<b>NUTRITIONAL VALUES</b>	Wheat - Certificate of Analyses Test Report 18/09/2015 - The Southern African Grain Laboratory NPC (SANAS)					
	Wheat - Certificate of Analyses Test Report 02/09/2016 - The Southern African Grain Laboratory NPC (SANAS)					
	Rye - Certificate of Health and Analysis IFS Standard per consignment iaw German and EU Foodstuffs Standards and Regulations					
<b>FOOD SAFETY</b>	Food Acceptability Certificate - Uthukela District Municipality - Municipal Health Services - Issued 22/10/2014 GH					
	FSA™ Food Safety Management Systems Audit passed 27/10/2015 - R962, SANS 10049, SANS 10330, applicable Legislation, customer requirements. Supplemented by GFSI requirements, Codex HACCP principles and CFA Guidelines and relevant industry standards.					



## **CONTACT DETAILS**

### **THE MILL:**

Paisley Farm, R600, Champagne Valley  
036 468 1017

### **VALLEY BAKERY:**

Dundubara Farm, R600, Champagne Valley  
036 468 1257

### **KZN DISTRIBUTION:**

Providentia Foods (Pty) Ltd  
David du Plessis  
082 857 1971  
cvstonemill@gmail.com



### **JHB AND CTO DISTRIBUTION:**

Champagne Valley Trading (Pty) Ltd  
Binks Serfontein  
083 627 7858  
binks@cvstrading.co.za

**WEBSITE:** [champagnevalleystonemill.co.za](http://champagnevalleystonemill.co.za)

**VISIT US AT OUR OWN BAKERY ..... THE FAMOUS “VALLEY BAKERY”**



**BAKE THE WORLD A BETTER PLACE !**

