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Why Would I Need a Grain Mill? And What Kind Do I Get?⁶⁵

By [speltfan](#)

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5 Reasons to Own and Use a Grain Mill

1. **Versatility:** Most grain mills can be used to make flour from wheat (both hard and soft), oats, rice, triticale, kamut, spelt, dried pinto beans, popcorn, split peas, buckwheat, barley, rye, millet, sorghum, dried mung beans and soybeans
2. **Emergency Preparedness:** If there

comes a time when flour is not available, you can make your own - providing you have something to make flour with - like wheat, rice, oats, etc.

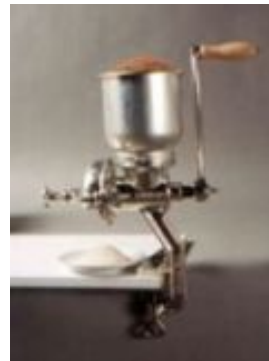
3. **Healthier:** Making your own flour and using the fresh flour is healthier for you. Flour from the store has usually been processed somehow taking out some of these nutrients and after time, the quality of these nutrients decreases. Fresh flour contains all these possible nutrients that have been protected in the whole rice, wheat or other kernals.
4. **Easy to Use and Clean:** Today, there are lots of options for grain mills and they are really easy to use, easy to clean, and usually easy to store.
5. **Cost Effective:** Owning a grain mill and milling your own flour is really more cost effective than always purchasing flour. The cost of berries or kernals are lower than flour, and the difference in price will quickly pay for owning a grain mill.



K-Tec Kitchen Mill

Two Basic Types of Mills

Hand Crank Mills or **Manual Grain Mills** are ones than you power with your own strength. These are great for building muscle, emergency preparedness (in the case of power outages, no electricity), getting back to nature, getting "off-grid", or just as a back up mill to your favorite electric one.



Manual Mill?

Electric Mills come in many shapes and sizes. Some can crack your grain as well as mill super-fine flour while others only make fine flour. Electric Mills can also be fast, relatively quite (as compared to older models), and self-containing (meaning no white cloud of flour dust hovering in your house).



or Electric Mill?

Suggested Checklist

There are many decisions to make when you start reseaching the grain mill industry. So I recommend you make a checklist of things you need to know. Here are some things you might want to seriously consider:

- what you want your mill to do
- what its primary purpose is going to be
- how you want your flour (course or fine, or sometimes a little of both)
- what kind of warranty is offered

As you find mills, make sure they are able to check off each of your desires.

Here are some of the most popular home grain mills you might want to check out: Nutrimill, K-Tec Kitchen Mill, WonderMill as well as WonderMill Jr., Family Grain Mill (come in either hand crank or electric bases). And there are many others that are very good mills, too.

Happy Researching!

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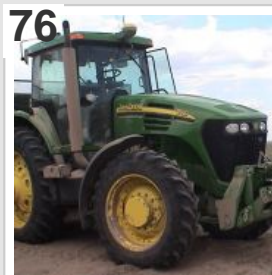
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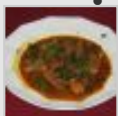
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