

**Millers, Bakers, Pasta makers, Restaurants** using 100% whole grain, and 100% whole grain heritage organic grains from local farmers; with no added refined sugars. Ask for 100% whole grain flours and products!

**Suppliers** of whole heritage grains and 100% whole heritage grain flours are also included in this list.

To qualify for this list all are selling at least one product that is 100% whole grain and without any added refined sugars or other refined carbohydrates and without any hydrogenated fat. *Ask the baker for ingredient list to make sure you are buying 100% whole grain.*

Vendors list their own outlets on their websites.

| <i>Miller, Baker, Pasta-maker, Restaurant or other supplier Business name</i> | <i>State in USA or country</i> | <i>County, Province etc</i> | <i>Website or contact information</i>  | <i>Retail, Wholesale or Subscription</i> | <i>100% whole grain items for sale</i> |
|---|--------------------------------|-----------------------------|--|--|--|
| Hayden Flour Mills  | Arizona                        | Maricopa & Pinal            | <a href="http://www.haydenflourmills.com">www.haydenflourmills.com</a>               | Wholesale                                | Grains                                 |
| Barrio Bread  | Arizona                        | Pima                        | <a href="http://www.barriobread.com">www.barriobread.com</a>                         | Retail                                   | Bread                                  |
| Mi Rancho   | California                     | Alameda                     | <a href="http://www.mirancho.com">www.mirancho.com</a>                               | Wholesale<br>Retail                      | Corn Tortillas                         |
| Morell's Bread  | California                     | Alameda                     | <a href="http://www.morellsbread.com">www.morellsbread.com</a>                       | Retail                                   | Bread                                  |
| Community Grains  | California                     | Alameda                     | <a href="http://www.communitygrains.com">www.communitygrains.com</a>                 | Wholesale<br>Retail                      | Pasta<br>Flour                         |
| Oliveto Restaurant  | California                     | Alameda                     | <a href="http://www.oliveto.com">www.oliveto.com</a>                                 | Restaurant                               | Bread<br>Pasta                         |
| Eckert Malting  | California                     | Butte                       | <a href="http://www.eckertmaltingandbrewing.com">www.eckertmaltingandbrewing.com</a> | Retail<br>Wholesale                      | Rice malt                              |
| Miller's Bakehouse  | California                     | Butte                       | <a href="http://www.millersbakehouse.com">www.millersbakehouse.com</a>               | Retail                                   | Bread                                  |
| Hearth & Stone  | California                     | Butte                       | <a href="http://www.hearthandstone.weebly.com">www.hearthandstone.weebly.com</a>     | Retail &<br>Wholesale                    | Bread                                  |
| Bread Itself  | California                     | Butte                       | <a href="mailto:breaditself@gmail.com">breaditself@gmail.com</a>                     | Retail                                   | Bread                                  |
| Untamed Bakeshop  | California                     | Butte                       | <a href="http://www.untamedbakeshop.com">www.untamedbakeshop.com</a>                 | Retail                                   | Bread                                  |

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| Cook Natural Products                  | California | Contra Costa  | <a href="http://www.cooknaturally.com">www.cooknaturally.com</a>           | Wholesale           | Flour                             |
| Marina Bay Bakery                      | California | Contra Costa  | <a href="http://www.marinabaybakery.com">www.marinabaybakery.com</a>       | Retail              | Bread                             |
| Sunnyland Mills                        | California | Fresno        | <a href="http://www.sunnylandmills.com">www.sunnylandmills.com</a>         | Wholesale           | Bulgur wheat                      |
| Lone Willow Organic Heirlooms          | California | Fresno        | <a href="http://www.organicheirlooms.com">www.organicheirlooms.com</a>     | Wholesale & Retail  | Wheat grain<br>Pasta              |
| Beck's Bakery                          | California | Humboldt      | <a href="http://www.becksbakery.com">www.becksbakery.com</a>               | Retail & Wholesale  | Bread<br>Crackers                 |
| Roan Mills                             | California | Los Angeles   | <a href="http://www.roanmills.com">www.roanmills.com</a>                   | Retail & Wholesale  | Bread<br>Pasta<br>Flour<br>Grains |
| Ponsford's Place                       | California | Marin         | <a href="http://www.ponsfordsplace.com">www.ponsfordsplace.com</a>         | Retail              | Bread                             |
| Brickmaiden Breads                     | California | Marin         | <a href="http://www.brickmaidenbreads.com">www.brickmaidenbreads.com</a>   | Retail              | Bread                             |
| Mendocino Grain Project                | California | Mendocino     | <a href="http://www.mendocinograin.com">www.mendocinograin.com</a>         | Retail<br>CSA       | Flour<br>Grains                   |
| Eliot Hartley                          | California | Mendocino     | <a href="mailto:eliothartley@gmail.com">eliothartley@gmail.com</a>         | Retail              | Bread                             |
| Schat's Bakery & Café at Friedman Bros | California | Mendocino     | <a href="http://www.schats.com">www.schats.com</a>                         | Retail              | Bread                             |
| Koda Farms                             | California | Merced        | <a href="http://www.kodafarms.com">www.kodafarms.com</a>                   | Retail & Wholesale  | Brown rice                        |
| Early Bird Farm                        | California | Nevada        | <a href="http://www.earlybirdnc.com">www.earlybirdnc.com</a>               | Wholesale<br>Retail | Flour<br>Grains                   |
| Mile High Mill                         | California | Lassen        | <a href="http://www.milehighmill.com">www.milehighmill.com</a>             | Wholesale<br>Retail | Flour<br>Grains                   |
| Grist & Toll                           | California | Los Angeles   | <a href="http://www.gristandtoll.com">www.gristandtoll.com</a>             | Wholesale<br>Retail | Flour                             |
| Sourdough Solutions                    | California | Placer        | <a href="http://www.sourdoughsolutions.com">www.sourdoughsolutions.com</a> | Retail              | Bread                             |
| Bread and Flours                       | California | Riverside     | <a href="http://www.breadandflours.com">www.breadandflours.com</a>         | Retail              | Bread<br>Flour                    |
| The Mill, San Francisco                | California | San Francisco | <a href="http://www.themillsf.com">www.themillsf.com</a>                   | Retail              | Bread                             |

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| Truly Grains                                    | California | San Francisco | <a href="http://www.trulygrains.com">www.trulygrains.com</a>                     | Wholesale           | Pasta                    |
| Tartine Bakery                                  | California | San Francisco | <a href="http://www.tartinebakery.com">www.tartinebakery.com</a>                 | Retail              | Bread                    |
| Kantine   | California | San Francisco | <a href="http://www.kantinesf.com">www.kantinesf.com</a>                         | Restaurant          | Bread<br>Porridge        |
| Giustos Specialty Foods                         | California | San Mateo     | <a href="http://www.giustos.com">www.giustos.com</a>                             | Wholesale           | Flour                    |
| The Midwife and the Baker                       | California | San Mateo     | <a href="http://www.themidwifeandthebaker.com">www.themidwifeandthebaker.com</a> | Retail              | Bread                    |
| L'Atelier du Pain                               | California | San Mateo     | <a href="mailto:fionastrouts@gmail.com">fionastrouts@gmail.com</a>               | Retail              | Bread                    |
| Ancient Agro                                    | California | Santa Clara   | <a href="http://www.ancientagro.com">www.ancientagro.com</a>                     | Wholesale           | Pasta<br>Flour<br>Grains |
| Manresa Bread                                   | California | Santa Clara   | <a href="http://www.manresabread.com">www.manresabread.com</a>                   | Retail              | Bread                    |
| Moore's Flour Mill                              | California | Shasta        | <a href="http://www.mooresflourmill.com">www.mooresflourmill.com</a>             | Retail<br>Wholesale | Flour<br>Grains          |
| Tender Fork Market                              | California | Solano        | <a href="http://www.tenderforkmarket.com">www.tenderforkmarket.com</a>           | Retail<br>Wholesale | Bread                    |
| Grindstone Bakery                               | California | Sonoma        | <a href="http://www.grindstonebakery.com">www.grindstonebakery.com</a>           | Wholesale<br>Retail | Bread                    |
| The Bejkr                                       | California | Sonoma        | <a href="http://www.thebejkr.com">www.thebejkr.com</a>                           | Special order       | Bread                    |
| Revolution Bread                                | California | Sonoma        | <a href="http://www.revolutionbread.com">www.revolutionbread.com</a>             | Retail              | Bread                    |
| Wild Flour Bread                                | California | Sonoma        | <a href="http://www.wildflourbread.com">www.wildflourbread.com</a>               | Retail              | Bread                    |
| Nightingale Breads                              | California | Sonoma        | <a href="http://www.nightingalebreads.com">www.nightingalebreads.com</a>         | Retail              | Bread                    |
| Pasta-Sonoma                                    | California | Sonoma        | <a href="http://pastasonoma.com">http://pastasonoma.com</a>                      | Wholesale           | Pasta                    |
| Central Milling / Keith<br>Giusto Bakery Supply | California | Sonoma        | <a href="http://www.kgbakerysupply.com">www.kgbakerysupply.com</a>               | Wholesale           | Sprouted grain<br>Grain  |
| The Farmer and the Cook                         | California | Ventura       | <a href="http://www.farmerandthecook.com">www.farmerandthecook.com</a>           | Restaurant          | Bread                    |

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| Capay Mills                    | California | Yolo       | <a href="http://www.capaymills.com">www.capaymills.com</a>             | Retail & Wholesale | Flour |
| The Upper Crust Baking Company | California | Yolo       | <a href="http://www.ucbaking.com">www.ucbaking.com</a>                 | Retail & Wholesale | Bread |
| Artisan Lavinia                | California | Yuba       | <a href="mailto:artisanlavinia@gmail.com">artisanlavinia@gmail.com</a> | Retail             | Bread |
| Blue Grouse Bread              | Colorado   | San Miguel | <a href="http://www.bluegrousebread.com">www.bluegrousebread.com</a>   | Retail & Wholesale | Bread |
| Moxie Bread                    | Colorado   | Boulder    | <a href="http://www.moxiebreadco.com">www.moxiebreadco.com</a>         | Retail & Wholesale | Bread |

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| Pastificio Boulder         | Colorado     | Boulder     | <a href="http://www.pastificioboulder.com">www.pastificioboulder.com</a>   | Retail              | Pasta                      |
| Independent Baking Company | Georgia      | Clarke      | <a href="http://www.independentbaking.com">www.independentbaking.com</a>   | Retail Wholesale    | Bread                      |
| Ancient Grains             | Idaho        | Teton       | <a href="http://www.ancientgrains.com">www.ancientgrains.com</a><br><a href="http://www.einkorn.com">www.einkorn.com</a> | Retail              | Grains<br>Flour            |
| Hewn Bakery                | Illinois     | Cook        | <a href="http://www.hewnbread.com">www.hewnbread.com</a>   | Retail<br>Wholesale | Bread                      |
| Belle Garde Bakery         | Louisiana    | New Orleans | <a href="http://www.bellegardebakery.com">www.bellegardebakery.com</a>   | Retail              | Bread<br>Flour             |
| Maine Grains               | Maine        | Somerset    | <a href="https://mainegrains.com/">https://mainegrains.com/</a>  | Retail & Wholesale  | Flour                      |
| Farmer Ground Flour        | New York     | Tompkins    | <a href="http://www.farmergroundflour.com">www.farmergroundflour.com</a>   | Retail & Wholesale  | Flour<br>Grain             |
| De Zwaan Windmill          | Michigan     | Ottawa      | <a href="http://www.windmillisland.org">www.windmillisland.org</a>   | Retail              | Soft wheat flour           |
| Shagbark Seed & Mill       | Ohio         | Athens      | <a href="http://www.shagbarkmill.com">www.shagbarkmill.com</a>   | Retail & Wholesale  | Grains<br>Flour            |
| Camas Country Mill         | Oregon       | Lane        | <a href="http://www.camascountrymill.com">www.camascountrymill.com</a>   | Retail              | Bread<br>Flour             |
| Azure Standard Foods       | Oregon       | Wasco       | <a href="http://www.azurestandard.com">www.azurestandard.com</a>   | Retail & wholesale  | Grains<br>Flour            |
| Small Valley Milling       | Pennsylvania | Halifax     | <a href="http://www.smallvalleymilling.com">www.smallvalleymilling.com</a>   | Retail & Wholesale  | Spelt grain<br>Spelt flour |
| Hillside Bakery            | Tennessee    | Knox        | <a href="http://www.hillside-bakery.com">www.hillside-bakery.com</a>   | Retail              | Spelt bread                |

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| Grandview Granary                | Texas      | Carson           | <a href="http://www.grandviewgranary.com">www.grandviewgranary.com</a>                             | Retail                             | Flour                         |
| Emmer & Rye                      | Texas      | Travis           | <a href="http://www.emmerandrye.com">www.emmerandrye.com</a>                                       | Restaurant                         | Bread                         |
| Cascade Organic Flour            | Washington | Grant            | <a href="http://www.cascadeorganicflour.com">www.cascadeorganicflour.com</a>                       | Flour mill                         | Flour<br>Grains               |
| Barn Owl Bakery                  | Washington | San Juan         | <a href="http://www.barnowlbakery.com">www.barnowlbakery.com</a>                                   | Bakery                             | Bread                         |
| Fairhaven Mill                   | Washington | Skagit           | <a href="http://www.fairhavenmill.com">www.fairhavenmill.com</a>                                   | Flour mill                         | Grains<br>Flour               |
| Wyoming High Desert Malt         | Wyoming    | Park             | <a href="http://www.wyominghighdesertmalt.com">www.wyominghighdesertmalt.com</a>                   | Flour mill                         | Flour                         |
| Small World Bakery               | Australia  | South Australia  | <a href="http://www.smallworldbakery.com.au">www.smallworldbakery.com.au</a>                       | Bakery                             | Bread                         |
| Axten Farms                      | Canada     | Saskatchewan     | <a href="http://www.axtenfarms.ca">www.axtenfarms.ca</a>   | Wholesale                          | Grains<br>Lentils<br>Seeds    |
| Vancouver Island Grain & Milling | Canada     | British Columbia | <a href="http://www.vancouverislandgrainandmilling.com">www.vancouverislandgrainandmilling.com</a> | Wholesale                          | Grains                        |
| Integrity Foods                  | Canada     | Manitoba         | <a href="http://www.integrityfoods.ca">www.integrityfoods.ca</a>                                   | Bakery                             | Pizza<br>Bread                |
| Brod Flour Bakery                | Canada     | Ontario          | <a href="http://www.brodflour.com">www.brodflour.com</a>   | Retail,<br>Wholesale<br>Restaurant | Bread                         |
| Evelyn's Crackers                | Canada     | Ontario          | <a href="http://www.evelynscrackers.com">www.evelynscrackers.com</a>                               | Retail<br>Wholesale                | Crackers, breads,<br>pastries |
| K2 Milling                       | Canada     | Ontario          | <a href="http://www.k2milling.com">www.k2milling.com</a>   | Retail &<br>Wholesale              | Flour                         |
| Remoué Family Farms              | Canada     | Saskatchewan     | <a href="http://www.remouefamilyfarms.com">www.remouefamilyfarms.com</a>                           | Wholesale                          | Lentils, Flax, Grains         |