Q. I have done a little research on spelt and am intrigued, however I am not clear on the husk issue. Does one have to de-husk it to make flour or is that just to make "berries" for porridge and such. If it needs to be de-husked for flour is there a simple process that isn't costly? June 2, 2015

A. When spelt is harvested and threshed the head or spike breaks up into spikelets, which still contain the grain held in the chaff (husk). This also happens with einkorn and emmer types of wheat. (Normally when wheat is harvested and threshed the action is sufficient to knock the grain out of the husk and it is said to be free-threshing.)
Rice and oats similarly thresh into husk-covered units and the grain must be released in a separate process after threshing. On the small scale I have been using a small rice huller from Japan to remove the husks from spelt successfully, www.calibrationplus.com. There are a few spelt milling enterprises where they use large scale de-hullers to remove the husk, e.g. Small Valley Milling. www.smallvalleymilling.com
Barley comes in two types one hull-less and the other with a fairly tightly bound husk. The moderately free-threshing so called hull-less barley can be threshed like wheat and if there are some stubborn grains remaining in the husk, then these can be sent through a rice, oat or spelt de-huller. However, barley with a tight husk is "pearled" to remove the husk, and this generally leaves the grain also without a substantial part of the bran and germ; pearled barley is not whole grain. Therefore barley pearling or rice polishing machines are not appropriate for separating whole grain spelt from their husks.

Managing all the processes for grains from planting to the production of clean food grade grains is a major task that used to be distributed among various localized businesses. We have lost this local infrastructure, so we need to engage others locally who are willing to co-operate in re-building this infrastructure from farm, to chef and baker.

At the heart of the task of providing whole wheat foods is the stone mill. We need every baker and chef to have their own small electrically driven stone mills so that they can take advantage of milling fresh flour from clean grains produced locally, or indeed also from grains that have come from afar, but have been stored locally to make them available for local fresh milling. Ideally we would also have local millers supplying freshly ground whole grain flours locally.