



## IN THE MIX

Tuesday, July 31, 2007

Flour with a Northwest face Steps away from the jimmies and brownie mix in your supermarket baking aisle, you can find the face of a Northwest wheat farmer.

Stone-Buhr has rolled out Washington White All-Purpose Flour, made from wheat grown sustainably by Shepherd's Grain, an alliance of 16 Northwest family farmers. With almost all Northwest wheat sold on the global commodities market and milled abroad, this flour offers a way to support local farmers who practice no-till agriculture. This method, also known as direct seeding, places a seed and fertilizer below the soil surface without disturbing the protective cover of the previous season's crop. It prevents erosion, saves fuel and preserves soil nutrients.

Look for the flour at QFC (\$2.99 for a 5-pound bag), and expect it by fall at Whole Foods and New Seasons stores.