

What the Country Living Grain Mill will grind:

Amaranth

Beans – depends on variety, but hard, dry beans grind well (requires corn auger)

Barley – This grain is somewhat soft and will require more grinding time.

Buckwheat – This can be ground with the hull, but tends to clog the grinding plates if ground without the hull.

Cane sugar (already coarsely ground) – This will grind into powdered sugar if you add approximately 50% cornstarch before grinding

Coffee beans – Coarse grind only because these beans are oily (requires corn auger)

Corn – most hard varieties, including popcorn. Popcorn may not require the corn and bean auger, because of its smaller size, but most other corns require use of the corn auger. Some large kernel corns may not feed because of their size.

Garbanzo Beans – Though very hard on the exterior, the interior of these is rather chalky. They can be ground into a fine flour, but the grinding plates will require frequent cleaning because they will clog at the center. Garbanzo beans do not grind quickly. (requires corn auger)

Herbs (dried) – Many varieties of herbs (but not all) will grind if well dried, are without stems and in small flakes. (May require corn auger and progress may be slow)

Millet

Mushrooms – If broken into small pieces and dried extremely well. (May require corn auger)

Quinoa

Raspberry seeds – Only if dried to a 3 or 4% moisture content, otherwise they will clog the grinding plates.

Rice – All varieties of white and brown

Rye – This grain is somewhat soft and will require more grinding time.

Salt – This grinds well but can be corrosive to the plates, so clean them afterwards!

Seaweed – Certain varieties only, and the seaweed must be extremely well dried

Soy beans – Depends on variety, but they will crack well. They are too soft and moist to make flour. (requires corn auger)

Spelt – This grain is somewhat soft and will require more grinding time.

Stinging nettle – If well dried, and broken into small enough flakes these will slowly grind into a fine power. (requires corn auger)

Wheat – All hard varieties. Soft varieties will tend to clog the grinding plates. Soft wheats can be mixed with harder wheat varieties and be successfully ground.

What it will not grind:

Products that are too soft, too moist, or too oily will not grind well and tend to clog the grinding plates. Among these are:

Almonds

Cocoa beans

Coconut

Coffee beans – espresso style grinds will tend to clog the grinding plates

Flax seeds

Nuts of most varieties

Oats – These are generally too soft for grinding, but if you mix them with another hard grain they work well, as the harder grain has a tendency to clean out the grinding plates.

Olive pits

Mesquite beans or pods

Peanuts

Raspberry seeds – Unless dried to 3 or 4% moisture content these will clog the grinding plates

Seaweed – Many varieties of seaweed will not grind well

Note: If there is another kind of nut, bean or grain we haven't mentioned, you will not damage your mill by experimenting with it. You may find you have to remove the rotating plate for cleaning if your product is too moist or oily or becomes clogged. Simply use a stiff, clean toothbrush to brush out the plate grooves and make sure both plates are completely dry before re-assembling.