



Locally Grown...

Gustafson Farms, home of Bear Grains, is a fourth-generation family farm in beautiful Northern Illinois. Our family's passion is the cultivation of non GMO grains grown in a regenerative farming system. This system creates a nutrient rich, wholesome grain that is good for our bodies, and the environment.

Locally Ground...

Our grain is grown and ground into flour on-site. This way, we are able to know exactly what goes into production from start to finish. We control the quality, monitor the safety, and freshly grind the flour to order.

Bear Grains is delighted to bring you a healthy, unsifted, non GMO flour that provides an exciting alternative to conventional flours.

Our Whole Grain Flour

Wheat ▪ Barley ▪ Rye ▪ Oat ▪ Corn

We believe that, in the end...

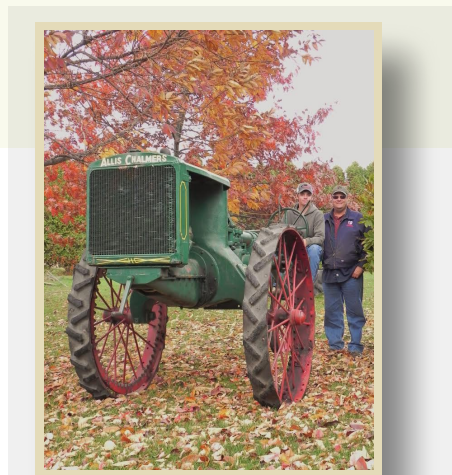
Good Always Wins



BEAR GRAINS

Just the Bare Essentials

A division of Gustafson Farms



Generations Proud

We believe that quality is born from strategic thinking and inspired by generations of experienced and inventive professionals. Farming regeneratively and grinding flour ourselves is hard work, but our family believes that doing things the right way is more important than doing things the easy way.



BEAR GRAINS

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Locally Grown

Locally Ground

Healthy

Balanced

Flour



BearGrains.com

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Healthy, Balanced Flour...

Flour is milled from grain berries, which can be broken into three parts; bran, germ and endosperm. The bran and germ are the nutrient dense elements of the berry, while the endosperm contains the carbohydrates. In its complete form, whole grain is recognized as one of the most nutritious and healthy choices of a well-rounded diet; this nutrition is exactly what is so carefully preserved in Bear Grains' flour.

Unsifted

The word 'unsifted' has a different meaning when grinding flour than when baking with it. When grinding, sifting is the removal of the bran and germ from the main body of the flour. Conventional flour producers use only the endosperm in their flour, so almost 60% of the berry is removed during processing. The removed portion contains almost all of the nutrition found in the berry. The result is flour that can go on the shelf, but is extremely low in nutritional value. Bear Grains grinds high quality, unsifted flour that is perishable and maximizes all of the berry's nutritional benefits.

Highly Nutritious

- Fiber
- Protein
- Healthy fats
- Vitamin B
- Iron
- Enzymes for gluten digestion
- Antioxidants
- Magnesium
- Manganese
- Amino Acids

Bear Grains' flour is extremely nutritious. Since our flour contains the bran and germ, the berry's full nutritional value is retained. Because of the unique grinding process, Bear Grains' flour contains many elements essential to a healthy, balanced diet.



“... Because (your flour) is in its purest form, we are seeing less reactions and some people who could not otherwise eat grains are able to enjoy grains again.”

-Dr. Susan Briggs, Microbiologist and Digestive Specialist



Gluten Tolerance

Processed flours have been associated with harmful effects from gluten and carbohydrates. However, unsifted, whole grain flour retains the enzymes required to digest gluten and the fiber required to process carbohydrates. Since Bear Grains' flours are unsifted, many people with non-celiac gluten sensitivity (people who avoid gluten because of digestive issues, not allergies) are able to eat products made with our flour.

Wholesome Taste

Bear Grains' flour gives a hearty, wholesome taste to breads, pizza crusts, pancakes and any other artisan product that use flour. In recipes, when our flour's bold taste combines with its high nutrition benefits, you get an unapologetically full-flavored, healthy, chef inspired creation!