3.5" 2.5"

11.5"

FILL HEIGHT 6.25"

BLEED AREA

Panel 1

HODGSON MILL

USDA ORGANIC · **ORGANIC** · OTCO

WHOLE GRAIN RYE FLOUR

Great baking begins with great ingredients.
Hodgson Mill Organic Products are USDA certified organically grown and processed. Instead of relying on chemical fertilizers and pesticides, organic farmers use responsible land management techniques like tilling and crop rotation to produce the wheat we use.

The whole rye kernels are carefully ground with traditional granite millstones to preserve all the goodness and flavor of the whole grain. NO preservatives, artificial coloring, flavoring or enrichments are ever added. Thanks for caring enough to buy **Hodgson Mill!**

The Whole Grain Difference
Whole grain flours include the nutritious bran and germ – refined flours don't.

- **Bran:** Protective outer covering
  Fiber, B Vitamins & Trace Minerals
- **Endosperm:** Starchy inner core
  Energy, Carbohydrates & Protein
- **Germ:** Tiny seedling inside grain
  Antioxidants, Vitamin E & B

Storage Tip: Store tightly sealed, and protect from heat and light. Airtight storage in refrigerator or freezer may help extend freshness. Bring to room temperature before baking.

This product sold by weight, not by volume. Contents may have settled during shipping.

Panel 2 (Front)

PREMIUM QUALITY Since 1882
HODGSON WATER MILL
HODGSON MILL®

USDA ORGANIC · **ORGANIC** · OTCO

WHOLE GRAIN RYE FLOUR

No Preservatives, Artificial Coloring, Flavoring, BHA or BHT

Ⓤ Parve   **NET WT 1.87 LBS. (30 oz.) 849 g.**

WHOLE GRAIN · NON GMO Project VERIFIED nongmoproject.org

HODGSON MILL®

B261C 0 71518 05102 2 RECYCLABLE

Have a Grain Day!™

Panel 3

HODGSON MILL

USDA ORGANIC · **ORGANIC** · OTCO

WHOLE GRAIN RYE FLOUR

Nutrition Facts
Serving Size less than 1/4 cup (30g)
Servings Per Container about 28

Amount Per Serving

Calories 110 — Calories from Fat 5

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 3g	

Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4

100% WHOLE GRAIN 30g or more per serving
EAT 48g OR MORE OF WHOLE GRAINS DAILY

INGREDIENTS: 100% Organic Stone Ground Whole Grain Rye Flour.

Hodgson Mill, Inc., 1100 Stevens Ave. Effingham, IL 62401 · 800.525.0177
CERTIFIED ORGANIC BY OREGON TILTH

Our Customer Service Team is always happy to hear from you. Comments and questions welcome.

Produced in a peanut/tree nut free facility. Produced on shared equipment. May contain traces of soy or wheat. Do not eat raw flour, dough or batter.

Panel 4

WHOLE GRAIN RYE FLOUR

Our Organic Rye Flour is special because it is truly whole grain – when one pound of premium rye kernels goes into our traditional granite millstones, one pound of rye flour comes out. Nothing added, nothing taken away.

Enjoy the distinctive taste of rye in classic deli rye sandwich breads, pumpernickel and artisan breads. This flour is also ideal for adding depth of flavor to traditional sourdough starters. Or, enjoy in rolls, crackers, cookies, pie crusts or pancakes!

German Dark Rye Bread

2 pkgs. **Hodgson Mill Active Dry Yeast**	3 Tbsp. cocoa powder
2 cups warm water (95-110°F)	1 Tbsp. caraway seeds (optional)
1/4 cup brown sugar	1/4 cup butter, melted
1/4 cup molasses	2 tsp. salt
3-1/2 cups **Hodgson Mill Organic Rye Flour**	2-1/2 to 3-1/2 cups **Hodgson Mill Best for Bread® Flour**
2 Tbsp. **Hodgson Mill Vital Wheat Gluten**	

In a large bowl combine warm water, Active Dry Yeast and brown sugar. Let sit about 5 minutes until bubbly. Add molasses, Rye Flour, Vital Wheat Gluten, cocoa, and caraway seeds. Beat well, then let sit for ten minutes. Mix in melted butter and salt. Mix in 1 cup Best for Bread® Flour. Stir in enough remaining Best for Bread® Flour to make a soft dough and knead 8-10 minutes until smooth and elastic. Place in an oiled bowl, turning once to coat. Cover with a damp cloth or plastic wrap and allow to rise one hour or until doubled. Divide into two pieces. Gently knead to work out air bubbles. Form into loaves and place in two greased 9x5-inch loaf pans. Cover again and allow to rise another hour or until nearly doubled. Bake in preheated 400°F oven 25-28 minutes. Immediately remove from pans and cool on a wire rack. **Yield:** 2 loaves.

Rye Flour Baking Tip: Rye is naturally lower in gluten – the stretchy protein that gives breads their familiar rise and texture – than wheat. For best bread making results, combine with **Hodgson Mill Best for Bread® Flour,** or try adding **Hodgson Mill Vital Wheat Gluten** when you bake. Loaves made with 100% rye may rise less and be more dense than those made with a combination of rye and wheat or additional wheat gluten.

USE BY:

MADE IN USA

For more recipes, or to see all our products, visit HodgsonMill.com
Have a Grain Day!

Family Owned · Since 1882

3.5 x 2.5 x11.5

BLUE - Layout
MAGENTA - Print areas
GREEN - Varnish