

SPECIALTY STONE GROUND FLOURS

Whole Wheat Flour

Use this full-bodied flour for quick breads, muffins or rolls. We grind the entire wheat berry to produce a flour that is brimming with nutrition and has a very pleasing texture. If you are using it for baking, you might need to add a bit more leavening or a teaspoonful of wheat gluten to keep the traditionally dense loaves light and perfectly shaped.

Miller's Bran

Miller's bran is an excellent source of fiber. Add this 100% whole wheat bran to muffins and breads for great texture and added health benefits.

Graham Flour

Simply put, graham flour is sifted whole wheat flour. Its velvety texture makes it perfect for all your baking. Use it in place of or in addition to white flour to make your recipes even more nutritious.

Rye Meal

Dig out your favorite rye bread, muffin, or roll recipe and use Kenyon's rye meal to make the best loaf you've ever tasted. Our slow, stone grinding produces a texture that is a cut above other rye flours.

Buckwheat Flour

Buckwheat is actually a member of the rhubarb family. It is a dark, velvety flour, with a very robust strong flavor.

RHODE ISLAND'S OWN

Eclipse Coffee Syrup: Coffee milk is the official drink of Rhode Island! Not available in many areas outside of the Ocean State. Make a coffee shake, pour over ice cream, and "Smack your lips with Eclipse!"

Lightfoot's Pine Soap: This soap is made right here in Rhode Island, by one of the oldest soap makers in the country. It has a light, fresh scent that will remind you of a pine grove. This is a hard milled soap that will last in your soap dish without dissolving.

Rhode Island Maple Syrup: A rich flavored syrup straight from Rhode Island sugar maples.

Rhode Island Honey: This genuine Rhode Island Honey is collected less than ten miles from the mill. Unlike commercially processed honey, which is usually heated, our honey is filtered through cheesecloth, leaving the nutrients intact.

Locust Blossom: Very light in color and very sweet. Especially good in teas.

Wildflower: Golden in color, this is the most common type of honey.

STONE GROUND CORN MEAL

Johnny Cake Corn Meal (White Corn Meal)

Kenyon Corn Meals' signature item! Johnny Cakes are a Rhode Island tradition, and displaced Rhode Islanders have helped increase their notoriety far beyond our tiny state. The heated debate over the proper way to cook them has been going on for years. Thin and crisp, or thick with a crusty outside? Drizzle with butter and syrup, or eat them plain? Decide for yourself! Johnny Cakes are a mix of white corn with a dash of sugar and salt, combined with milk or water and cooked on a griddle. Our Johnny Cake White Corn Meal has many other uses: you can make tasty corn bread, use it as a breading, or for any recipe calling for white corn meal.

Recipe for Johnny Cakes

Combine: 1 cup of Kenyon's Johnny Cake Corn Meal, 1 teaspoon sugar, and a half teaspoon salt. Gradually add boiling water over mixture, stirring gently until your batter can "plop" off the spoon. Drop onto a well greased griddle or fry pan and cook 6 minutes before turning, lightly drizzle uncooked side with oil, then flip and cook for an additional 5 to 6 minutes.

Yellow Corn Meal

We buy the most flavorful yellow corn from a farmer on Long Island. When we grind it, the sweet aroma permeates the entire mill! This meal is perfect for a classic, deep yellow corn bread, authentic polenta, dump-lings, or hush puppies. Add it to any recipe to impart a unique, nutty texture.

Blue Corn Meal

The striking blue color and sweet flavor make this a sought after item. Grown primarily in the southwest, blue corn can be substituted for yellow or white corn in many recipes. We've made delicious corn bread and pancakes with it, and it can also be used for breading. Try it on calamari for a delicious change.

Red Corn Meal

This vibrant corn has a tangy flavor that will be a perfect accompaniment for your southwestern dishes. Try it in your favorite recipes calling for corn meal for a flavorful and colorful change.