

*Delicious foods
your whole
family can enjoy*

GMO free

Gluten free

Product of Canada

Processed in Atlantic Canada

VALLEY FLAXFLOUR LTD.

1 (866) 825 8256

WWW.FLAXFLOUR.COM

MAILORDER@FLAXFLOUR.COM

Valley Kitchen

Fresh ingredients
and easy to
use mixes
Direct to you!

It's as easy as
1 2 3

- 1. Pour your mix into a bowl*
- 2. Add additional ingredients*
- 3. Stir and bake*

It's really that simple.



Do we have your attention yet? See inside for easy ordering details

Flours, seeds and mixes



FLAX FLOUR OR SEEDS

Flax flour is simply whole flax seeds milled and sifted. This process removes whole seeds and pieces of husk, making it more suitable for people with digestive problems. Flax flour can be substituted for cracked flax, flaxseed meal, and milled or ground flax. Brown and golden flax seeds are nutritionally equivalent.

	GOLDEN	BROWN
Seeds:	23110 500 g	20110 500 g
	23114 1.8 kg	20114 1.8 kg
Flour:	2321 400 g	2061 400 g
	2332 1.2 kg	2032 1.2 kg



INGREDIENTS

Organic Light Buckwheat, organic corn flour, and oats are the core ingredients in most Valley Kitchen Mixes. This combination has been selected to provide our gluten free choices a nutritional impact.

BUCKWHEAT (organic): Groats: 30076 1.7kg **Flour: 300721** 500g / **30074** 1.8kg

OATS (gluten free): Whole rolled: 30015 1kg **Oatmeal: 300123** 1.2kg

CORN (organic): Flour: 330251 500g / **30025** 1.5kg



GLUTEN FREE MIXES AND BLENDS

Gluten Free Mixes are made from a blend of flax flour, organic buckwheat, organic corn flour and gluten free oats. Our focus on the use of whole grains and seeds, as well as the limited addition of simple starches, gums, sugar and sodium, help ensure that our products address the concerns of many health conscious consumers.

PANCAKE & COOKIE

- 31035** 250 g
- 3102** 500 g
- 3104** 1.6 kg

BREADING MIX

- 2750** 300 g

BREAD DOUGH

- 33011** 480 g
- 33021** 1.6 kg

CAKE & LOAF

- 3201** 480 g
- 32021** 1.6 kg

MULTI-PURPOSE FLOUR BLEND

- 32041** 1.6 kg

FLAX'N BLUEBERRY BLEND

- 340** 150 g

About Us

Established in 1998, Valley Flaxflour Ltd is the only mill in Atlantic Canada producing premium quality, gluten free flours and mixes. Located in Middleton, Nova Scotia, we process whole, brown and golden seeds into fine flax flour, organic whole corn into corn flour, white organic buckwheat groats into buckwheat flour and gluten free oats into oat meal and oat flour. They are not treated to stabilize them. Nor have they been processed to remove oil, fibre or protein. Our whole seeds and grains are freshly processed. They should be purchased in a quantity you will use within a few months and stored away from direct heat. Use all of our products within 6 weeks of opening or refrigerate them.

Our Guarantee

We want your experience with Valley Kitchen ingredients and mixes to be successful and enjoyable for you, your family and friends. If you have problems, issues, concerns or comments, please contact us: customerservice@flaxflour.com

or phone **1-866-825-8256**
(Toll free Canada).

For recipes:



HAVING TROUBLE
FINDING INGREDIENTS?
LET US HELP!
EMAIL:
customerservice@flaxflour.com



BUILD - A - BOX:

Fill your box with Valley Kitchen ingredients, mixes and partner add-ons to our minimum order of \$60.00 (shipping and tax included!). See back for complete list.



Not sure what to buy?
Why not try one of our
pre-built Value Packs?

STARTER / GIFT PACK:

GREAT STARTER BOX OR GIFT - \$60.00

- 1 - Recipe book
- 1 - 500 g Pancake & Cookie Mix
- 1 - 400 g Golden Flax Flour
- 1 - 480 g Cake & Loaf Mix
- 1 - 480 g Bread Dough Mix
- 1 - 300 g Breeding Mix
- 1 - 375 g Terra Beata Dried Cranberries
- 1 - 250 ml Acadian Maple Syrup

VALUE PACK # 2:

SMOOTHIE KIT - \$60.00

- 1 - Recipe book
- 2 - Flax'n Blueberry Blend
- 1 - 1.2 kg Golden Flax Flour
- 1 - 100 g Terra Beata Dried Blueberries
- 1 - 100 g Terra Beata Dried Cranberries
- 3 - 1 pkg Wink Apple Chips

VALUE PACK # 3:

BAKING KIT - \$75.00

- 1 - Recipe book
- 1 - 1.2 kg Golden Flax flour
- 1 - 1.0 kg Whole Rolled Oats
- 1 - 500 g Buckwheat Flour
- 1 - 500 g Corn Flour
- 1 - 1.6 kg Multi-purpose Flour Blend

ADD ONS:

Terra Beata Dried Cranberries

- 901 100 g
- 902 375 g



Terra Beata Dried Blueberries

- 900 100 g



Flax'n Apple Soap

- 2001 1 bar



Winks Apple Chips

- 903 Package



Recipe Book

- 401 Book



Valley Flax for Horses

- 620 2 kg



Acadian Maple Syrup

- 904 250 ml Bottle



Non-GMO

Our customers have identified genetic modification of food products as one of their major concerns. Therefore, the flax, oats, corn and buckwheat we purchase have not been genetically modified. When there is any possible doubt, we purchase organic.

Certified Organic

Purchasing organic guarantees the non-GMO integrity of the corn and buckwheat we offer. Our production facility is certified organic for corn and buckwheat flour. These are available to you as certified organic ingredients.

Gluten Free

Our products, and our facility, are gluten free. We source and mill gluten free flax, oats, buckwheat and corn. This selection of whole grains and seeds provide a variety of soluble and non-soluble fibre, proteins, antioxidants and omega-3 fat to help you prepare nutritious, gluten free foods.

Fresh from our mill directly to you. These ingredients are available individually or as custom blends and mixes. This selection changes as we develop new products. Visit our facility at 188 Marshall Street in Middleton, Nova Scotia or go to flaxflour.com for current selection.

Rewards start to build with your first order. Visit www.flaxflour.com for details. ALL PRICES

INCLUDE SHIPPING AND ANY APPLICABLE TAXES. \$60 MINIMUM ORDER DELIVERED TO YOU. *It's that easy!*

Use this form for Canadian destinations only.

Email: mailorder@flaxflour.com for USA

and other International mail-order options. Please provide your contact information:

Name _____ Phone # _____

Street _____ PO Box _____

Community _____ Province _____

Postal Code _____ email _____

Customer # _____ Referred by: _____

Shipping and taxes included in all prices with minimum purchase of \$60.00

Rewards can be yours: Save up to 10% on repeat orders. Introduce a friend and save even more. Details at flaxflour.com

Item code	Product Description (all products are gluten free)	Unit size	Price	Number of units	Extended cost
401	Recipe Booklet	1 book	\$7.00		
2001	Flax n' Apple Soap & Shaving Bar	1 bar	\$6.00		
2061	BROWN flax flour	400 g	\$6.25		
2321	GOLDEN flax flour	400 g	\$6.25		
2032	BROWN flax flour	1.2 kg	\$15.25		
2332	GOLDEN flax flour	1.2 kg	\$15.25		
20110	BROWN flax seeds	500g	\$6.50		
23110	GOLDEN flax seeds	500g	\$6.50		
20114	BROWN flax seeds	1.8 kg	\$16.50		
23114	GOLDEN flax seeds	1.8 kg	\$16.50		
32044	Multi-Purpose Flour Blend	500 g	\$8.50		
32041	Multi-purpose Flour Blend	1.6 kg	\$21.75		
340	Flax'n Blueberry Blend	150 g	\$5.75		
900	Terra Beata Dried Blueberries	100 g	\$5.25		
901	Terra Beata Dried Cranberries	100 g	\$3.75		
902	Terra Beata Dried Cranberries	375 g	\$8.25		
903	Wink Apple Chips	1 pkg	\$3.50		
2750	Breeding Mix	300 g	\$6.25		
33011	Bread Dough Mix Complete	500 g	\$8.50		
33021	Bread Dough Mix	1.6 g	\$20.75		
3201	Cake, Cup Cake & Loaf Mix Complete	500 g	\$8.50		
32021	Cake, Cup Cake & Loaf Mix	1.6 kg	\$20.75		
3102	Pancake & Cookie Mix	500 g	\$8.50		
3104	Pancake & Cookie Mix	1.6 kg	\$20.75		
904	Acadian Maple Syrup	250 ml	\$8.25		
30015	Oats Whole Rolled	1.0 kg	\$16.00		
300123	Oat Meal	1.2 kg	\$17.75		
300251	Corn Flour – Organic	500 g	\$7.25		
30025	Corn Flour – Organic	1.5 kg	\$17.25		
300721	Buckwheat Flour, light - Organic	500 g	\$8.00		
30074	Buckwheat Flour, light - Organic	1.8 kg	\$22.75		
30076	Buckwheat groats – Organic	1.7 kg	\$21.75		
950	Value Pack #1	1 Box	\$60.00		
951	Value Pack #2	1 Box	\$60.00		
952	Value Pack #3	1 Box	\$75.00		
620	Valley Flax for Horses	2.0 kg	\$20.75		
			Subtotal:		
			Less ___% discount:		

TO ORDER:

By phone: 1-866-825-8256 (Toll free in Canada)

By email: mailorder@flaxflour.com

By fax: Fax this form to 1-902-825-6114.

By credit card, cheque or e-transfer:

Payment must clear before the order can be shipped.

Credit card number: _____

Credit card expiry date: _____

Other sizes are available for most Valley Kitchen products. Just call or email for pricing information.



Above: Valley Flaxflour Ltd. Mill and Valley Kitchen Retail Store in Middleton, NS. Below: Valley Flaxflour Ltd. owners Howard and Wendy.



Valley Flaxflour Ltd.

PO Box 89, 188 Marshall Street

Middleton NS, B0S 1P0

P: (902) 825-1528 F: (902) 825-6114

Toll free: 1-866-825-8256

mailorder@flaxflour.com

You Pay: _____