

FROM FARM TO TABLE

Farm Stories

Woods Organic Flour



Could you tell us a bit about yourself and your organic farm?

We are Bryce & Nat Woods from Woods Organic Flour. Our enchanting farm, and its thousands of acres, is set on the famous Gwydir floodplains west of Moree, in upper western New South Wales.

What do you do?

We plant the wheat seed that grows to organic grain. We also mill the organic flour that goes into making your organic bread. At the moment we create: Bakers Flour, Wholemeal Flour, Cake Flour, Bran Pollard Millmix and Livestock Feed. We also grow Spelt and Faba crops for flour and livestock feed.



Tell us a bit about the processes you use to farm organically.

Our farm's land has been blessed by millions of years of floods soaking over it from the rich fertile hills of the New England. Our land is rich in silt and organic matter, making our soil darker, richer and more nutritious.

We plant the wheat seeds using strict certified organic methods. Our farming land was unfarmed when we first started the certification process, so not only is it organic, it always has been; ensuring the purest wheat possible.

Our organic management plan also means we protect and enhance biodiversity on our farm and our environment around us, using the best environmental practice of organic farming activities and protection of riparian and vegetated areas. We are also totally 'off grid' at the farm house, which means we generate, maintain and rely on our own water, sewage and solar electricity.



During the growing season we take photos and note where weeds are appearing, and which crops look the healthiest. We use this information to make decisions on how to best maintain our soil.

At harvest time, we pay attention to testing the quality of our grain as it is gathered into our big header. This way we can continue to improve our soil health and the nutritional benefits passed onto you. After it is harvested, the grain is stored in humidity controlled silos, waiting to be taken to the mill.

Our milling process is modern, keeping heat at a minimum to retain the goodness of the flour. The grain is cleaned of imperfections, then rolled and sifted four times before it is divided into the quality products, including our beautiful fresh flour. We then bag it up, fresh off the mill and cold store it, to keep the flour as pure as it can be. There is a lot of work involved in creating a bag of organic flour to use in your cakes or bread, isn't there!

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Describe a problem that you have had to face or tackle.

When we started farming, we saw a new way of doing things on the land, which hasn't been without challenges. We believe in the good that comes from growing our crops organically. We use our understanding of ecology and soil science to know our soil and judge when to use crop rotations to ensure fertility, as well as keeping the weeds and pest insects at bay. We love the scientific aspect of organic farming and the opportunity it gives us to explore alternative natural remedies to common farming problems.

Do you have an interesting fact or story to share?

Our flour mill began its life before World War 1, in the then thriving milling town of Inverell. Sadly, the old mill had become unused and neglected. In 2012, we set about building our brand new flour mill within its beautiful old walls. Our new 3 storey roller mill has undergone the mill certifying process and is now fully certified organic. Unlike other mills, we only mill organic product. Our new mill was built by Bryce and a team of locals and then it was honed to perfection by one of the most renowned and experienced millers within the country: John McCorquodale (formerly of McCorquodale Mills).

What is the best part about your job?

As we both grew up on our family farms, as generations of our families have before us, we understand the land and its needs.

Since we produce our products from the planted seed to the milled flour in bags, we are justifiably proud of them – it is like our babies leaving home, all wrapped up in their minimal packaging ready to go to your local artisan baker to work their magic!

