



Milling Table

Soft Grains - Hard Grains - Seeds - Legumes	MM001	MM100 Milling Scale	MM200 Milling Scale	Essential oils	Special Notes
Amaranth	√	0-1	0-1		Turn on the mill before filling
Buch wheat	√	0-1	0-1		
Chia seeds	√	6-7	7		
Spelt	√	1	1-2		
Einkorn wheat	√	1	1-2		
Emmer wheat	√	0-1	1		
Green spelts	√	1	1		
Foxtail Millet	√	0-1	1-2		
Oats	√	3	4-5		
Dried peas	√	1	1		
Millet	√	1	1		
Kamut	√	1	0-1		
Chick peas	√	4-5	3-4		
Kidney beans	√	1	1		
Lentils	√	1	1		
Lupin seeds	√	2	2		Turn on the mill before filling
Corn	√	1-2	1-2		NO POPCORN CORN
Milo (Grain Sorghum)	√	0-1	2-2.5		
Hulled barley	√	1	1		
Natural long grain rice	√	0-1	0-1		NO PARBOILED RICE
Pinto Beans	√	2	1,2		
Quinoa	√	0-1	0,1		
Rye	√	1	1		
Soya Beans	√	1-2	5		
Teff	√	0-1	0-1		
Tokya Buckwheat	√	0-1	1-1.5		
White Beans	√	0-1	0-1		
Wheat	√	1	1		
Herbs - Spices	MM001	MM100 Milling Scale	MM200 Milling Scale	Essential oils	Special Notes
Anis whole	√	4	4-5	Yes	
Fenugreek seeds	√	1	2-2.5		Turn on the mill before filling
Fennel seeds	√	2	3	Yes	
Cardamom pods	√	0-1	0-1	Yes	
Coriander seeds	√	1	2	Yes	
Cumin	√	4	4	Yes	
Caraway seed	√	4-5	5	Yes	
Cloves	√	3	4	Yes	
Allspice	√	1	1		
Star anise	√	2-3	3	Yes	Cut into small pieces
Tonka beans	√	9-10	10	Yes	Turn on the mill before filling
Cinnamon flowers	√	0-1	2	Yes	
Cinnamon sticks	√	1	1		Cut into small pieces