



# FLOUR FACTS



Information Provided by General Mills Bakery Flour  
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## Weekly Market Highlights

- Wheat futures and basis premium prices started the day near the levels reported last week.
- After digesting the largely bearish data reported by the U.S.D.A. this morning markets sold off quickly and sharply.
- Further softness in futures could be expected, with the Minneapolis spring wheat market now reporting against the March futures.
- Winter wheat growing areas have received some tiny bit of relief in the form of rain, with more in the forecast, but a break in the drought pattern is too early to call.
- We are experiencing a wildly unpredictable market, and are not anticipating that will change in the near future.

## Facts on Flour

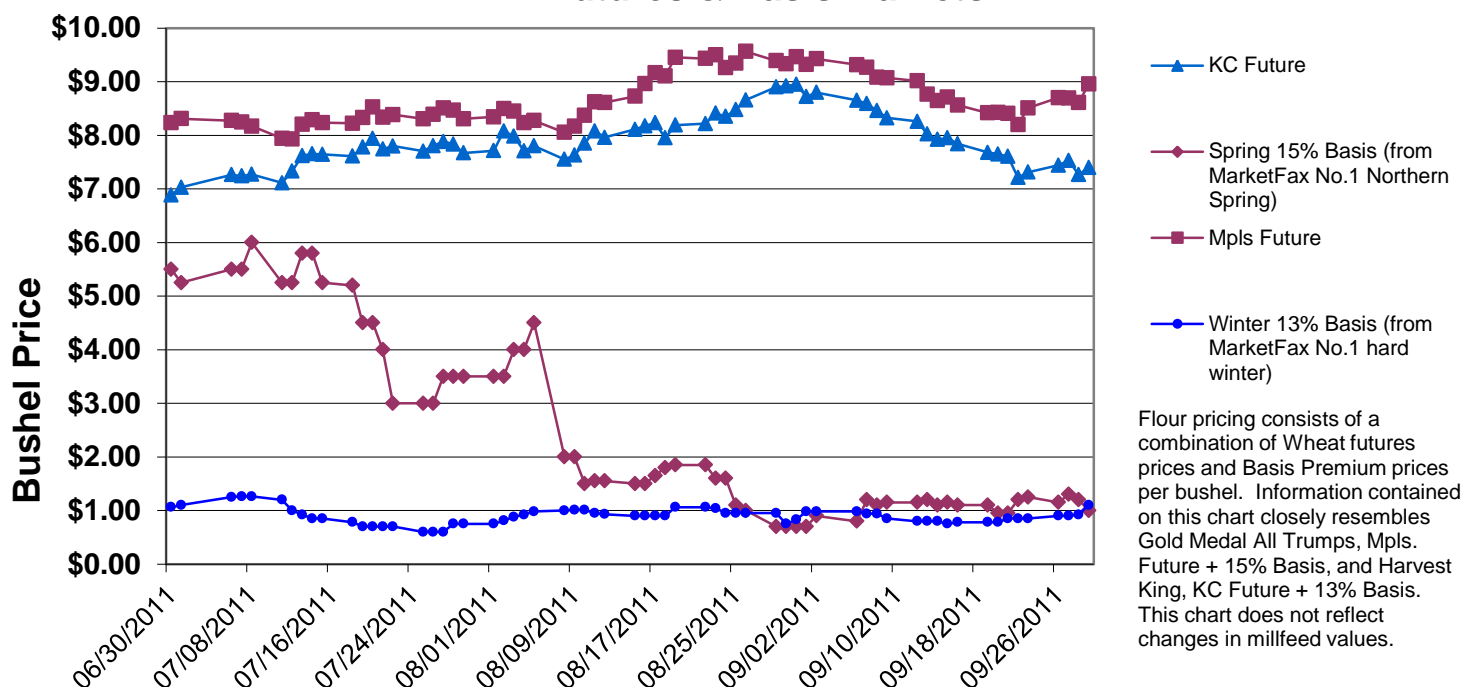
### Self-Rising Flour

Self-rising flour is an all-purpose flour with the addition of baking powder and salt. Baking powder, known by bakers as a chemical leavening agent, is a combination of baking soda and leavening acids (sodium aluminum phosphate and monocalcium phosphate). Once in a dough or a batter, the soda and the acids react to release carbon dioxide gas allowing a baked good, such as a cake or biscuit, to rise. The added salt is simply a flavoring component. If it is necessary to use all-purpose flour in recipes calling for self-rising flour, add 1 1/2 teaspoons baking powder and 1/2 teaspoon salt for each cup of flour.

It is important to use a self-rising flour only for recipes that specifically call for this type of flour. A self-rising flour is most commonly used for chemically leavened baked goods such as quick breads (banana bread, pumpkin bread, etc.) and biscuits. A self-rising flour is not used for yeast leavened products such as pizza dough, pan breads, etc.

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## Futures & Basis Markets



This Chart is meant to indicate Market Direction Only.

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