



## Who invented flour?

*The history of flours and semolina: techniques and uses from ancient to modern times explained by the international project "Pure Flour from Europe".*

Toronto, 10 January 2025 - The most widely used organic flour is certainly soft wheat flour, which can be used for anything from bread to focaccia to pizza. It is a staple food for many populations throughout the world. Soft wheat flours are classified as 00, 0, 1, 2 and whole ground whole wheat flour. Durum wheat flours are called semolina and include semolina, wholewheat semolina and re-milled semolina. Flour has been produced since prehistoric times; the first rudimentary methods ground grain between stones. This evolved into millstones used in the Middle Ages, then later windmills and steam-driven roller mills, and industrial-scale flour production. Wheat was ground into increasingly finer flours giving us the high-quality product we know today.

**But who invented flour?** Here's the answer from "Pure Flour from Europe", the project supported by ITALMOPA (the Italian Milling Industry Association) and co-funded by the **European Union**, which promotes the consumption and export of **Made in Europe organic soft wheat / durum wheat flours and semolina to Canada**. The **first flour in history was used 30,000 years ago**, and the **first bread prepared by modern man was a flatbread baked on red-hot stones**. The traces of this were discovered in Italy, in Tuscany in the '90s. Until then, modern man was thought to have learned how to make flour 18,000 years ago.

**What is the etymology of "flour"?** It derives from the Latin "**farina-fainae**", which in turn comes from "**far**" or "**spelt**", and dates back to the ancient Romans, who used this cereal to make a nutritious powder, which they then used in several foods. At first, they used flour to make "**puls**" - the national staple before bread appeared. "Puls" consisted of a spelt or broad bean polenta, which is still a low-cost, popular food. About 1700 years later, with the first contact with America, corn and corn flour were also brought to Europe, from which the polenta we know today originates; polenta is what remains of the Roman "puls", in Italian cuisine.

**Italian sayings about flour.** "It's not flour from his sack", said of those who pass off another's work as their own; "That's not plain flour", which is said about a person or words that are insincere.

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