



## 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.



CO-FUNDED BY THE EUROPEAN UNION

THE EUROPEAN UNION SUPPORTS CAMPAIGNS THAT PROMOTE HIGH QUALITY AGRICULTURAL PRODUCTS.



Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Research Executive Agency (REA). Neither the European Union nor the granting authority can be held responsible for them.



ORGANIC & SUSTAINABLE  
FLOUR EXPERIENCE



**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.

Find out more: <https://pureflourfromeurope.ca/>

Follow us on:

FB: <https://www.facebook.com/pureflourfromeuropeCA>

IG: <https://www.instagram.com/pureflourfromeuropeca/#>

YT: <https://www.youtube.com/channel/UCLMNq8nJOU2b8GH0KodKpEA>

Media Contact: [press@mbconsultingsrl.com](mailto:press@mbconsultingsrl.com)



CO-FUNDED BY THE  
EUROPEAN UNION

THE EUROPEAN UNION SUPPORTS  
CAMPAIGNS THAT PROMOTE HIGH  
QUALITY AGRICULTURAL PRODUCTS.

