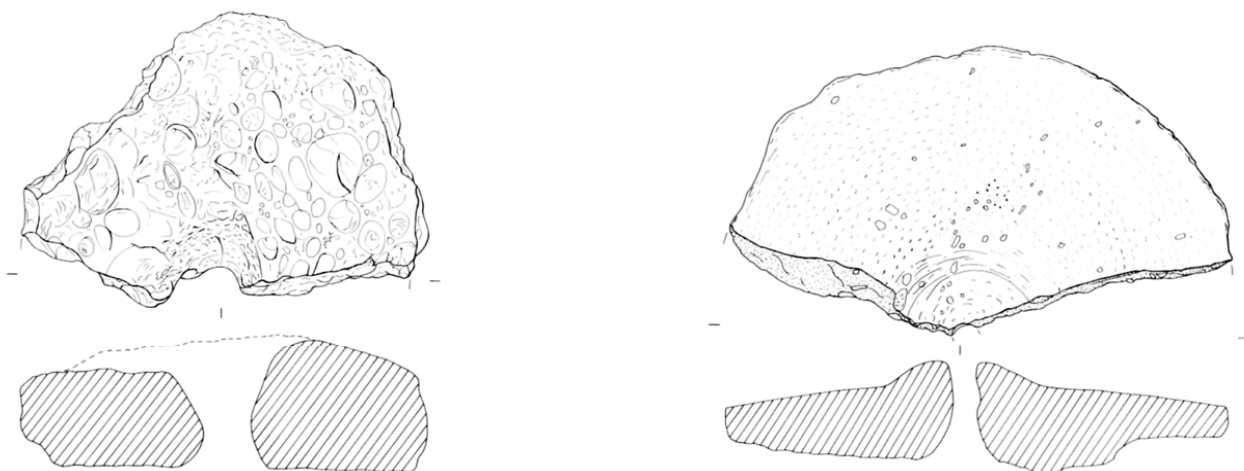


# Processing Cereals to Make Flour





Romano-British Quern stones from West Stow. Scale 1:4



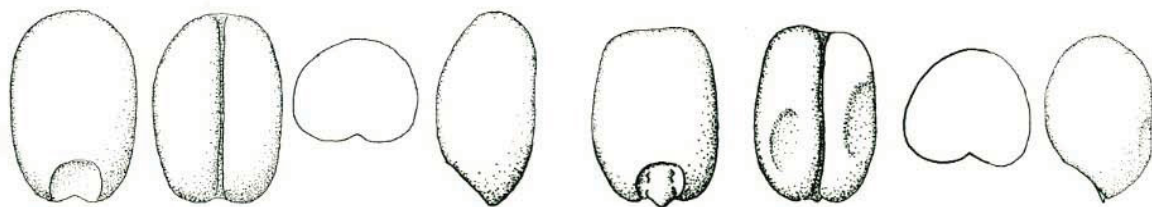
Courtesy of West Stow Anglo Saxon Village, St Edmunds Bury Council

Drawings of quern stones found at West Stow

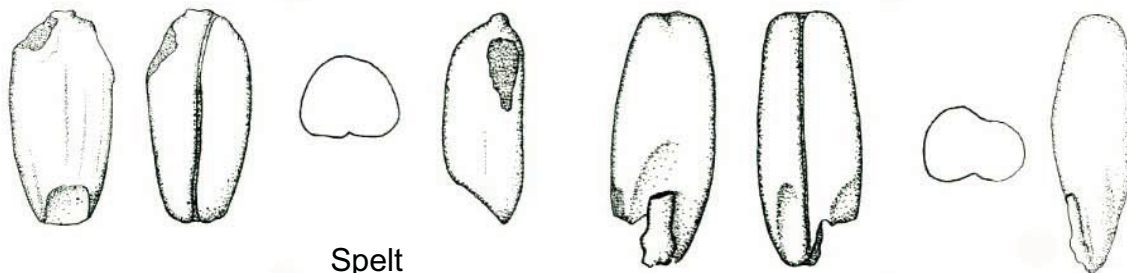




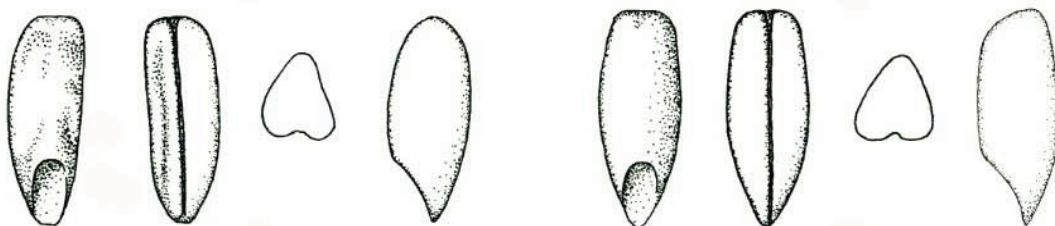
Reconstruction of a quern stone, querns such as this were used to process grain from the Iron Age throughout the Medieval periods



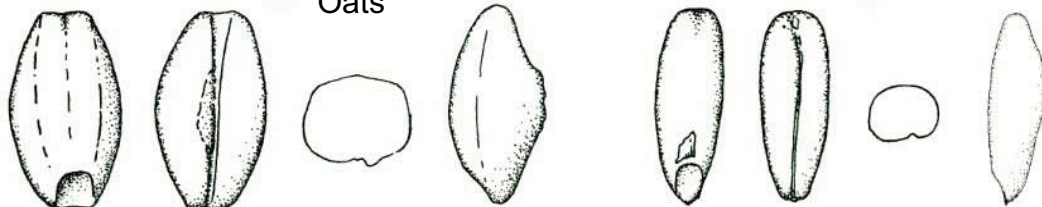
Club Wheat



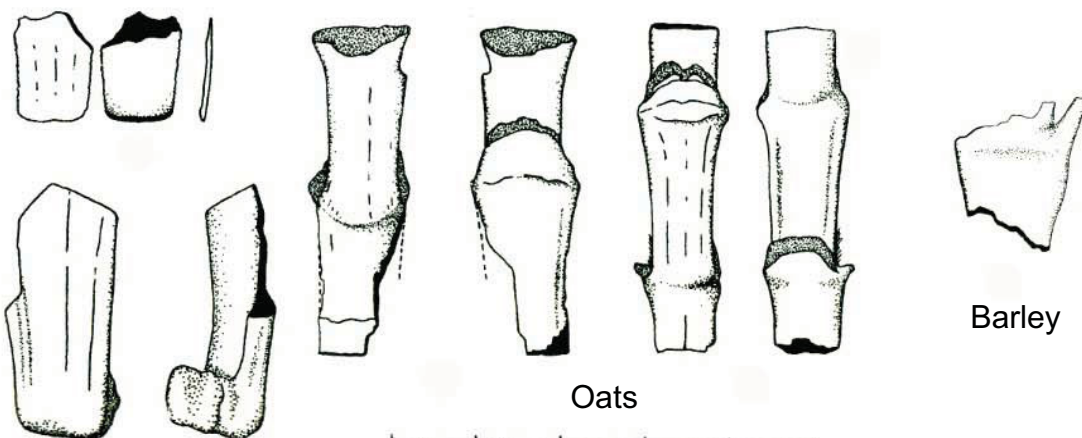
Spelt



Oats



Barley



Spelt

Oats

Barley



Remains of cereals found on excavations at West Stow





Courtesy of West Stow Anglo Saxon Village, St Edmunds Bury Council

The grain is poured in the hole at the top of the quern



Courtesy of West Stow Anglo Saxon Village, St Edmunds Bury Council

The upper stone is then rotated and the cereal is ground between the two stones





A reconstruction of an Anglo Saxon bread oven





Courtesy of West Stow Anglo Saxon Village, St Edmunds Bury Council



Re-enactors baking bread in the oven in the way Anglo Saxons would have done