



Mill comparison

Which hand mill is right for me?

Cereals	MH 4	MH 8		
Wheat	----	----	² Corn Normal food corn, as is common in Austria or Germany, can be ground with the hand mills. However, it is more power-consuming. There are very many different types of corn. Especially in Italy there are very old, especially hard varieties, some of which we know cannot be milled. Unfortunately, we can not test and cite all types of corn.	
Spelt	----	----		
Rye	----	----		
Einkorn	----	----		
Buckwheat	----	----		
Oats	X	X	What you can not grind: Generally, no oil-containing seeds can be ground such as: Flax seeds Mustard seeds Sunflower seeds Poppy seeds Pumpkin seeds nuts almonds	Due to the consistency, you can not grind: Salt Sugar Tea Flowers Leaves Buds Grasses Shoots small woods dried small fruits and berries chestnuts diverse cores
Millet	---	---		
Brown Millet	---	---		
Rice	----	----		
Kamut ¹	X	X		
Corn ²	---	---		
Soy	---	-		
Quinoa	---	---		
Lenses	---	---		
Amaranth	X	X		
Chickpeas	X	X	It is not recommended to grind coffee. Color and odor penetrates into the grindstone, cleaning is very difficult. If you want to grind coffee only, please contact with us in contact	
Peas	---	---	LEGEND: ---- very good --- good -	-- in small quantities up to approx. 250 g • not recommended X You will damage the mill!
Sesame	X	X		