

# CAROLINA GROUND RETAIL

Thank you for your interest in our flours and grains!  
Here's some information to assist you with your order:

We mill on demand and send out orders on  
**Monday-Wednesday**

The **maximum** we can ship is **150 lbs.**

You should receive an email with tracking info once your order has been processed.

We ship UPS ground and USPS (in general, larger packages will ship UPS; smaller packages, USPS).

For bakeries, restaurants, stores, or institutions please fill out the wholesale application form found in the wholesale drop down menu for access to our wholesale product and price sheet.