

HELSINKI MILLS
- Since 1934 -

RESPONSIBLY CULTIVATED FINNISH OATS

**Carbon neutral production
from a family business
since 2020**

**Pick the best ideas
and test the
delicious
oat recipes!**



**GLUTEN-FREE
OATS FROM
THE FIELD TO
THE TABLE**



Helsinki Mills is a family business in its fourth generation

Helsinki Mills, which manufactures Myllärin products, is the largest producer of organic grain and gluten-free oats in Finland, renowned for its high-quality grain products and responsibility.

Myllärin's delicious products are suitable for the whole family at any time of the day. We use locally grown Finnish grains, from which we make flour, flakes, porridge ingredients, muesli, cereals and various meal ingredients.

"Our production has been carbon neutral since 2020. Myllärin's products are 100% plant-based, and our range also includes many gluten-free products," says **Niklas Kumlin**, CEO of the Finnish family business.



WE ARE THE FIRST
CARBON-NEUTRAL
MILL IN FINLAND

We use **green electric-**
ity in our production

plants, located in Järvenpää, Närpiö and
Vaasa.

We produce the thermal energy needed by
the Vaasa factory from the oat husk waste
generated during production in **our own**
BioPower plant.

Our mill produces very little waste.
Possible wastage and **by-flows from grain**
cleaning are efficiently utilised.

SUSTAINABLE DEVELOPMENT AND RESILIENT AGRICULTURE

As a mill, at the core of our vision is
sustainable and resilient agriculture that
benefits both people and nature.

Together with our farmers, we ensure **the**
future of food production and reduce the
stress on the environment caused by our
activities.

We are committed to the UN's sustainable
development goals and are constantly de-
veloping our operations to ensure **healthy**
eating and well-being.



Read more about our
work on responsibility:
helsinkimills.fi/sustainability

**FINNISH
OATS ARE
SUPERFOOD**

OATS ARE A GENUINELY HEALTHY CEREAL

The European Food Safety Authority (EFSA)
has approved three health claims for oats:
oats lower cholesterol, lower blood sugar and
improve stomach and intestinal function by
increasing stool mass.

CARBON-NEUTRAL LOCAL PRODUCTION

Our production facilities are located close to
grain fields and operate in a carbon neutral way.



A good harvest is not a given – it requires actions from the farmer

Last year, Helsinki Mills started its own responsible cultivation programme with its trusted farmers.

"With our own cultivation programme, together with the farmers, we get a better harvest with a lower environmental load. We use technology to optimise the amount of fertilisers exactly as needed.

We reduce the need to cultivate the field and improve its structure to make it more carbon-binding. We use collector plants, such as clover, which improves the



growth potential of the soil by binding nitrogen for the next harvest. In addition, in the fields we use flowering plants,

such as rapeseed and peas in the crop rotation to attract pollinators", explains **Pekka Kultti**, Purchasing Manager of Oats at Helsinki Mills – a farmer of gluten-free oats himself.

THE RESPONSIBLY PRODUCED OATS WERE ALSO OF VERY HIGH QUALITY

The mill is celebrating the first harvest obtained as a result of the responsible cultivation programme. The oats have been really high quality and large in size.



Mikko Hölsö,
contract farmer
at Helsinki Mills



FINNISH OATS GROW UNDER THE MIDNIGHT SUN

Our coolish, bright summers with just the right amount of rain are the ideal growing environment for oats, which cannot tolerate heat and drought.

Measures of the responsible cultivation programme

PRECISION FERTILISATION – THE RIGHT AMOUNT IN THE RIGHT PLACE

The degree of fertilisation the plant needs is carefully studied with various plant sensors. In this way, fertilisation costs are reduced, a better harvest is obtained, and the fertiliser given to the plant leads to growth, and does not leak into the environment.

FLOWERING PLANTS IN THE CROP ROTATION IMPROVE THE GROWTH CONDITIONS

Flowering plants, such as rapeseed or peas, grow on about a third of the farms' arable land. Oil and leguminous plants are good for the soil both in terms of structure and micro-organism activity. They reduce the need for plant protection agents and fertilisation and increase biodiversity by providing pollinators with food.

TILLAGE REDUCTION AND COLLECTOR PLANTS

Some of the fields are lightly tilled in the autumn, others are kept covered with plants over the winter. In this way, nutrients are not washed away due to runoff and erosion. Vegetation and collector plants improve the structure of the field, increase carbon sequestration, the density of the soil and the number of micro-organisms, such as worms.

SOIL SCANNING

Soil scanning helps the farmer to fertilise and lime the field in the right places.

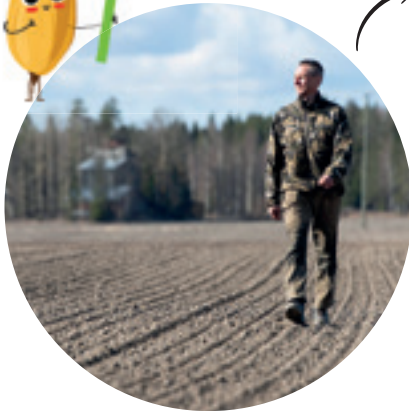
DIVERSITY FIELDS

Increase the diversity of the cultivated land. They are sown with e.g. meadow plants suitable for pollinators and birds.



The journey of oats from the field to the table

START
HERE



GLUTEN-FREE FIELDS

The fields are sown with oat seeds that are separate from other grains. Gluten-free varieties, such as rape-seed and peas, are used in the cultivation cycle of the fields. Flowering varieties also benefit bees.



GLUTEN-FREE OATS ARE SUITABLE FOR EVERYONE

Try gluten-free oats for food preparation, bowls, salad, baking, for smoothies and porridge.



HARVEST WITH CLEAN MACHINES

Oats are harvested only with combine harvesters used in gluten-free fields.



TRANSPORT WITH CLEAN TRUCKS

Oats are transported from the farms to the mill in trucks in which cleanliness has been ensured.



OUR OWN GLUTEN-FREE PRODUCTION LINES

The gluten-free status of the oats is verified in the mill's own laboratory at different stages of the process, such as receiving and processing the grain.



CLEARLY MARKED PACKAGING

Environmentally friendly packaging, clearly marked as gluten-free.

Gluten-free



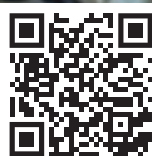
MYLLÄRIN'S GLUTEN-FREE OATS ARE ALREADY CLEAN IN THE FIELD

Myllärin's gluten-free oat products are made from pure oats, which we buy directly from our own contracted farmers. Oats are the only naturally gluten-free Finnish grain. To remain completely gluten-free, they are carefully kept separate from other grains. Farmers sow the fields with carefully selected oat seeds and go around the fields several times during the growing season to check and weed out any other grains.



**GRANOLA CAKE
FOR BRUNCH**

Oat bran, flakes, nuts and seeds for the base. Top with yogurt and fruit.



**Oats suit many
recipes – try them
out!**

You can enjoy oat meals around the clock

Fibre-rich Finnish oats are a high-quality raw material as part of a healthy diet. They are ideal for making vegan and gluten-free delicacies.



TIP

Leftover pizza – use the leftover cheese and toppings from the fridge.



TIP

An oat smoothie is also a great take-away lunch. Oats increase the nutritional value of salads and soups.



HELSINKI MILLS
- Since 1934 -

Try the new unique oat products!



WILD OATS AND
LONG GRAIN
OATS!

TIP!

Treat yourself to oats, for example in vegetable sushi. You get nutrition and fibre without empty calories.



Try replacing rice, couscous, quinoa, pasta or potato in your own recipes with the new Finnish oats products. They're great in casseroles, salads and soups. Fibre-rich oats have a delicious taste. They are also an ecological choice in terms of carbon footprint.



SCAN THIS FOR A VEGGIE
OAT SUSHI RECIPE!



myllarin.fi