

## Instruction manual - Fabula

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**You are the owner of the model Fabula a high-quality manual grain mill. It was manufactured for you by artisanal craftsmanship.**

Before you start the milling, please note the following points:

### The milling

Keep the mill between the thighs - close to the knees - in a sitting position. The grinded sides make it easier to hold. Turn the handle to the right (clockwise)

### Running in

First you should run the mill in. Do this by milling approx. 30 gramms (One tablespoon)

of dry grains (wheat, millet or barley are particularly suitable for this) at a medium setting.

Turn the handle clockwise.

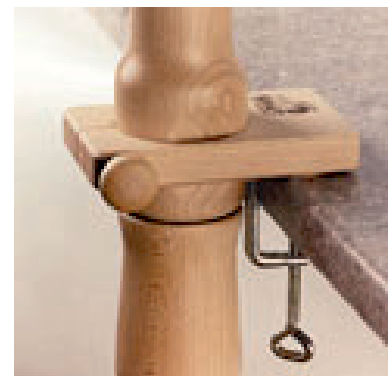
The first time you use the mill, abrasion of the millstone occurs which is perfectly harmless to health but can contain stone particles. That's why it is not suitable for consumption.

### Setting the fineness

Select the desired coarseness by removing the collection cup by turning to the left. For a fine grinding turn the adjustment knob to the right and for a coarse grinding turn it to the left. Insert the collection cup again and fix it by turning to the right. (Please do not fasten too tightly!) Fill in the grains and try the fineness of grinding, If necessary readjust.

### Suitable grains

You can use the mill to grind all types of grain, except corn. To grind oil seeds, mix them with dry grains. If you grind oat types with a high oil content at fine settings, the grinding mechanism may clog. (See cleaning and care). Please use only dry and cleaned grains.



*Desk mount available  
as optional accessory*

## Maintenance

The grinding mill consists of particularly hard natural stones that are incorporated into a magnesit-salt bond. The grindstones have a long lifetime.

To preserve the ease of operation of the handle, we recommend you to apply a physiological harmless lubricant (white Vaseline) approx. once a year.

## Cleaning and care

Normally it is not necessary to clean the grinding mechanism. However, if it does become clogged (by wetly cereals or oil seeds) we recommend you to grind one tablespoon of rice (no parboiled rice) at a medium setting. Rice is very dry and brittle so it lifts off the sticky residues and cleans the grinding mechanism.

Due to a surface treatment of beeswax balm the mill is protected from dirt.

**You can clean the mill housing with a damp cloth, never apply water directly.**

**The contact with water causes cracks at the wood and it becomes unusable.**

Do not keep the mill in an extremely dry place (above a source of heat) or an extremely moist place (water vapor above a cooker). This could cause the wood to warp.

# Warranty

10 years from the date of purchase for defects attributable to material or manufacturing defects.



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**To ensure your warranty, please keep your receipt!**