



Ready-to-use products catalogue 2025

*Founded in 1970, Molino Latina is
one of the most active mills in
Sicily in the production and
manufacture of high quality
cereals and flours.*



Grain and small cereals at the base of our products
are cultivated in Sicily and come exclusively from certified organic farming.

CONTROLLED OPERATOR No. R84L

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ORGANIC ANCIENT GRAINS





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Agricoltura Italia

ORGANIC ANCIENT GRAINS

Pearled Timilia

ORGANIC ANCIENT DURUM WHEAT



PRODUCT

Ancient Timilia durum
wheat



ORIGIN

Sicily



CULTIVATION

Organic



PROCESS

Pearling



PACK SIZE

500 g - 5 Kg



Our special pearling process just partially removes the most external part of the grain, preserving the wheat germ and its nutritious properties. During this operation, the processing time is expanded and the pressure is higher compared to that of the husking process: so doing it eliminates the soaking phase and it significantly reduces the cooking time.

Perfect for cooking soups, salads, wheat puddings, arancini and Neapolitan pastiera.

Cooking time: 24 minutes.



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Agricoltura Italia

ORGANIC ANCIENT GRAINS

Pearled Russello

ORGANIC ANCIENT DURUM WHEAT



PRODUCT

Ancient Russello durum
wheat



ORIGIN

Sicily, Ragusa



CULTIVATION

Organic



PROCESS

Pearling



PACK SIZE

500 g - 5 Kg



Our special pearling process just partially removes the most external part of the grain, preserving the wheat germ and its nutritious properties. During this operation, the processing time is expanded and the pressure is higher compared to that of the husking process: so doing it eliminates the soaking phase and it significantly reduces the cooking time.

Perfect for cooking soups, salads, wheat puddings, arancini and Neapolitan pastiera.

Cooking time: 24 minutes.



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Agricoltura Italia

ORGANIC ANCIENT GRAINS

Pearled Perciasacchi

ORGANIC ANCIENT DURUM WHEAT



PRODUCT

Ancient Perciasacchi durum
wheat



ORIGIN

Sicily



CULTIVATION

Organic



PROCESS

Pearling



PACK SIZE

500 g - 5 Kg



Our special pearling process just partially removes the most external part of the grain, preserving the wheat germ and its nutritious properties. During this operation, the processing time is expanded and the pressure is higher compared to that of the husking process : so doing it eliminates the soaking phase and it significantly reduces the cooking time.

Perfect for cooking soups, salads.

Cooking time: 24 minutes.



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Agricoltura Italia

ORGANIC ANCIENT GRAINS

Pearled Maiorca

ORGANIC ANCIENT SOFT WHEAT



PRODUCT

Ancient soft Maiorca wheat



ORIGIN

Sicily



CULTIVATION

Organic



PROCESS

Pearling



PACK SIZE

500 g - 5 Kg



Our special pearling process just partially removes the most external part of the grain, preserving the wheat germ and its nutritious properties. During this operation, the processing time is expanded and the pressure is higher compared to that of the husking process : so doing it eliminates the soaking phase and it significantly reduces the cooking time.

Perfect for cooking soups, salads, wheat puddings, arancini and Neapolitan pastiera.

Cooking time: 24 minutes.



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Agricoltura Italia

ORGANIC ANCIENT GRAINS

Timilia Bulgur

ORGANIC ANCIENT DURUM WHEAT BULGUR



PRODUCT

Bulgur Durum wheat



ORIGIN

Sicily



CULTIVATION

Organic



PROCESS

Stone grinding



PACK SIZE

500 g - 5 Kg



Typical product of the Middle Eastern cuisine made up of ancient Timilia wholegrain durum wheat, with high digestibility because of its low gluten index. Rich in fibre, vitamin B, phosphorus and potassium.

It can be used for soups, cold salads, soups, meatballs, flans, vegetable burgers.

Cooking time: 20 minutes.



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Agricoltura Italia

ORGANIC ANCIENT GRAINS

Perciasacchi Cous cous

ORGANIC ANCIENT DURUM WHEAT COUS COUS



PRODUCT

Cous Cous Durum wheat



ORIGIN

Sicily



CULTIVATION

Organic



PROCESS

Stone grounding



PACK SIZE

500 g - 5 Kg



Product with Mediterranean origins made with ancient Sicilian Perciasacchi wheat, with a low gluten index and rich in fiber and vegetable proteins. It holds up well during cooking and absorbs the sauce well. The cous cous is not precooked, therefore it must be hulled with a fork and cooked in the steamer.

ORGANIC CEREALS





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Agricoltura Italia

ORGANIC CEREALS

Dehusked Rye

ORGANIC DEHUSKED RYE



PRODUCT

Rye



ORIGIN

Sicily



CULTIVATION

Organic



PROCESS

Husking



PACK SIZE

500 g - 5 Kg



Our special pearling process just partially removes the most external part of the grain, preserving the wheat germ and its nutritious properties. The pearling process facilitates the water absorption by the grain, so doing it eliminates the soaking phase and it significantly reduces the cooking time.

Perfect for cooking soups, salads, wheat puddings, arancini and Neapolitan pastiera.

Cooking time: 25 minutes. It is recommended to put the cereal into the water when the flame is off and count 25 minutes from the moment of boiling.



IT-BIO-007
Agricoltura Italia

ORGANIC CEREALS

Dehusked Oat

ORGANIC DEHUSKED OAT



PRODUCT

Oat



ORIGIN

Sicily



CULTIVATION

Organic



PROCESS

Husking



PACK SIZE

500 g - 5 Kg



Our special pearling process just partially removes the most external part of the grain, preserving the wheat germ and its nutritious properties. The pearling process facilitates the water absorption by the grain, so doing it eliminates the soaking phase and it significantly reduces the cooking time.

Perfect for cooking soups, salads, wheat puddings, arancini and Neapolitan pastiera.

Cooking time: 20 minutes



IT-BIO-007
Agricoltura Italia

ORGANIC CEREALS

Dehusked Spelt (Monococcum)

ORGANIC SPELT



PRODUCT

Triticum Monococcum



ORIGIN

Sicily



CULTIVATION

Organic



PROCESS

Husking



PACK SIZE

500 g - 5 Kg



Our special dehusking process removes only a part of the outer layers of the grain, safeguarding the fruit and its nutrients. The dehusking process facilitates the absorption of water by the grain, therefore eliminating soaking times and significantly reducing cooking times.

Perfect for cooking soups, salads, wheat puddings, arancini and Neapolitan pastiera.

Cooking time: 28 minutes.



IT-BIO-007
Agricoltura Italia

ORGANIC CEREALS

Pearled Barley

ORGANIC PEARLED BARLEY



PRODUCT

Barley



ORIGIN

Sicily



CULTIVATION

Organic



PROCESS

Pearling



PACK SIZE

500 g - 5 Kg



Our special pearling process just partially removes the most external part of the grain, preserving the wheat germ and its nutritious properties. During this operation, the processing time is expanded and the pressure is higher compared to that of the husking process : so doing it eliminates the soaking phase and it significantly reduces the cooking time.

Perfect for cooking soups, salads, wheat puddings, arancini and Neapolitan pastiera.

Cooking time: 25 minutes.



IT-BIO-007
Agricoltura Italia

ORGANIC CEREALS

Pearled Spelt (Dicoccum)

ORGANIC SPELT



PRODUCT

Triticum Dicoccum



ORIGIN

Sicily



CULTIVATION

Organic



PROCESS

Pearling



PACK SIZE

500 g - 5 Kg



Our special pearling process just partially removes the most external part of the grain, preserving the wheat germ and its nutritious properties. During this operation, the processing time is expanded and the pressure is higher compared to that of the husking process: so doing it eliminates the soaking phase and it significantly reduces the cooking time.

Perfect for cooking soups, salads, wheat puddings, arancini and Neapolitan pastiera.

Cooking time: 28 minutes.



IT-BIO-007
Agricoltura Italia

ORGANIC CEREALS

5 Cereals Mix

ORGANIC CEREALS MIX



PRODUCT
Cereals Mix



ORIGIN
Sicily



CULTIVATION
Organic



PROCESS
Dehusking and pearling process



PACK SIZE
500 g - 5 Kg



Our blend of cereals is made up of a perfect combination of ancient Perciasacchi durum wheat, spelt, barley, rye and oat.

Ideal for vegetable soups, soups, salads and vegetarian burgers.

Cooking time: 25 minutes.
It is recommended to put the cereals into water already with the flame off and count the 25 minutes from the boiling point.

LATINA
PASSION FOR CEREALS SINCE 1970

CSQA
RINTRACCIABILITÀ CERTIFICATA
UNIENISO22005—CERT. n°40758



IT-BIO-007
Agricoltura Italia

ORGANIC CEREALS

Cereals and Legumes Mix

ORGANIC CEREALS AND LEGUMES MIX



PRODUCT

Organic cereals and legumes mix



ORIGIN

Sicily



CULTIVATION

Organic



PROCESS

Dehusking and pearling process



PACK SIZE

500 g - 5 Kg



Our blend of cereals and legumes is made up of a perfect combination of red lentils, chickpeas and ancient durum wheat Perciasacchi, ancient soft wheat Maiorca, spelt, barley, rye and oat.

Ideal for vegetable soups, soups and salads.

Cooking time: 25 minutes.
It is recommended to put the cereals into water already with the flame off and count the 25 minutes from the boiling point.

ORGANIC LEGUMES





IT-BIO-007
Agricoltura Italia

ORGANIC LEGUMES

Chickpeas

ORGANIC CHICKPEAS



PRODUCT
Chickpeas



ORIGIN
Sicily



CULTIVATION
Organic



PROCESS
Raw - natural product



PACK SIZE
500 g - 5 Kg



Legume of the Sicilian tradition, rich source of magnesium, calcium, phosphorus, potassium and vitamins.

Ideal for soups, soups, side dishes.

Cooking time (after a long soak): 90 minutes.

LATINA
PASSION FOR CEREALS SINCE 1970

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Agricoltura Italia

ORGANIC LEGUMES

Red Lentils

ORGANIC RED LENTILS



PRODUCT

Red Lentils



ORIGIN

Sicily



CULTIVATION

Organic



PROCESS

Raw - natural product



PACK SIZE

500 g - 5 Kg



This delicate legume has a sweet flavor and it is a rich source of protein, mineral salts, iron and vitamins. Absent cholesterol, glycemic index and very low caloric intake.

Once cooked, it is ideal for soups and pureed soups.

Cooking time: 25 minutes.



IT-BIO-007
Agricoltura Italia

ORGANIC LEGUMES

Dehusked Chickpeas

ORGANIC DEHUSKED CHICKPEAS



PRODUCT
Chickpeas



ORIGIN
Sicily



CULTIVATION
Organic



PROCESS
Husking



PACK SIZE
500 g - 5 Kg



Our special dehusking process removes only a part of the outer layers of the grain, safeguarding the fruit and its nutrients. The dehusking process facilitates the absorption of water by the grain, therefore eliminating soaking times and significantly reducing cooking times.

Ideal for preparing soups, soups, hummus, cold salads, meatballs and vegetable burgers.

Cooking time: 30 minutes.



IT-BIO-007
Agricoltura Italia

ORGANIC LEGUMES

Dehusked Red Lentils

ORGANIC DEHUSKED LENTILS



PRODUCT

Lentils



ORIGIN

Sicily



CULTIVATION

Organic



PROCESS

Husking



PACK SIZE

500 g - 5 Kg



Our special dehusking process removes only a part of the outer layers of the grain, safeguarding the fruit and its nutrients. The dehusking process facilitates the absorption of water by the grain, therefore eliminating soaking times and significantly reducing cooking times.

Ideal for the preparation of soups, soups, cold salads.

Cooking time: 15 minutes.



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Agricoltura Italia

ORGANIC LEGUMES

Legumes Cous cous

ORGANIC LEGUMES COUS COUS



PRODUCT

Lentils and chickpeas cous
cous



ORIGIN

Sicily



CULTIVATION

Organic



PROCESS

Stone grounding



PACK SIZE

500 g - 5 Kg



Product of Mediterranean origin with Sicilian legumes semolina, rich in fiber and vegetable proteins, it holds up well during cooking and absorbs the sauce well. Once covered in hot water, mix and then let it rest for a few minutes. Finally hull the couscous with a fork.



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Agricoltura Italia

ORGANIC LEGUMES

Chickpea Flour

ORGANIC CHICKPEA FLOUR



PRODUCT

Chickpea flour



ORIGIN

Sicily



CULTIVATION

Organic



PROCESS

Stone grinding



PACK SIZE

400 g - 5 Kg



Chickpea flour, cultivated, stone-ground milled and packaged entirely in Sicily.

Ideal for meatballs, vegetable burgers, chickpea farinata and panelle.



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Agricoltura Italia

ORGANIC LEGUMES

Lentil Flour

ORGANIC RED LENTILS FLOUR



PRODUCT

Red Lentils flour



ORIGIN

Sicily



CULTIVATION

Organic



PROCESS

Stone grinding



PACK SIZE

400 g - 5 Kg



Red Lentil flour, cultivated, stone-ground milled and packaged entirely in Sicily.

Ideal for meatballs, biscuits, crepes, crackers and vegetable burgers, but also as a thickener for soups and soups.

