



GUIDE TO OUR WHOLE GRAIN BREADS May 2015

MultiGrain Bread 68% WG

Organic Bread Flour
Organic Stone Ground Whole Wheat
Organic Quinoa
Organic Amaranth
Organic Cracked Rye
Organic Millet
Organic Flax
Organic Barley
Organic Corn
Organic Wheat Flakes
Organic Sunflower Seeds
Organic Oats
Organic Kamut
Organic Rice
Natural Levain, Natural Sea Salt

Whole Wheat Italian

26% WG

All Purpose Bread Flour
Organic Stone Ground Whole Wheat
Yeasted Biga, Yeast
Olive Oil, Natural Sea Salt

Seeded Bread 35% WG

Organic Bread Flour
Organic Stone Ground Whole Wheat
Organic Stone Ground Rye Flour
Organic Quinoa
Organic Amaranth
Flax Seed
Organic Sesame Seeds
Pumpkin Seeds
Poppy Seeds
Anise seed (in seed mix on crust)
Natural Levain, Natural Sea Salt

Old World Bread 10% WG

Organic Bread Flour
Organic Stone Ground Whole Wheat
Natural Levain, Yeasted Biga
Natural Sea Salt

Six-Grain German Bread

68% WG

Organic Bread Flour
Organic Stone Ground Rye Flour
Organic Oats
Organic Barley
Organic Rye Flakes
Organic Wheat Flakes
Organic Kamut
Organic Rice
Caraway Seed
Natural Levain, Yeast
Natural Sea Salt

German Rye 60% WG

Organic Bread Flour
Organic Stone Ground Rye Flour
Natural Levain, Yeast
Natural Sea Salt

This bread is the foundation for our

Cracked Rye 65% WG

Added ingredient:

Organic Cracked Rye Berries

Complete Bread 42% WG

Organic Bread Flour
Organic Stone Ground Whole Wheat
Organic Quinoa
Organic Amaranth
Organic Cracked Rye
Organic Millet
Organic Flax
Organic Barley
Organic Corn
Organic Sunflower Seeds
Organic Oats
Organic Kamut
Organic Rice
Natural Levain, Yeast
Natural Sea Salt

Heirloom Bread 60% WG

Organic Heirloom Turkey Wheat
Organic Heirloom Warthog Wheat*
Organic Bread Flour
Natural Levain, Yeasted Biga
Natural Sea Salt

Quinoa Baguette 42% WG

Organic Bread Flour
Organic Stone Ground Whole Wheat
Organic Quinoa Flour
Organic Quinoa
Organic Sesame Seeds
Flax Seed
Rolled Oats
Natural Levain, Yeast
Natural Sea Salt
Honey

Country Bread 20% WG

Organic Bread Flour
Organic Stone Ground Whole Wheat
Organic Stone Ground Rye Flour
Natural Levain
Natural Sea Salt

This bread is the foundation for our

Pumpkin Seed Cranberry

Added ingredients:

Dried Cranberries, Pumpkin Seeds

Hearth Whole Wheat Bread

62% WG

Organic Bread Flour
Organic Stone Ground Whole Wheat
Natural Levain, Natural Sea Salt

Buttermilk Oat 40% WG

AP Flour
Organic Stone Ground Whole Wheat
Rolled Oats, Buttermilk, Canola Oil,
Brown Sugar, Yeast, Natural Sea Salt

Understanding Heirloom Wheat

A grain of wheat that is an old or "ancient" strain and is not found in mainstream wheat products. They are grown typically in the East, where wheat production was high before modern agriculture took over the midwest. There is research pointing to gluten allergies being specific to modern wheat strains, and that Heirlooms can be better digested by some people.

**Warthog is grown in PA and milled at Castle Valley Mill in Doylestown*

Yeasted Biga A long, slow pre-ferment of flour, water and a small amount of yeast that helps naturally condition and flavor bread.

Levain A naturally occurring active culture of wild yeast that is maintained through regular feedings of water and flour. Bread made with Levain is not necessarily "sour". "Sourness" depends on how the levain is handled, and how much is incorporated in the final bread dough.

Organic ingredients can have some unpredictable availability. Please understand that we do our very best to make sure everything labelled organic is always organic!

All our flours are Unbleached, Unbromated, not High Gluten & GMO free!