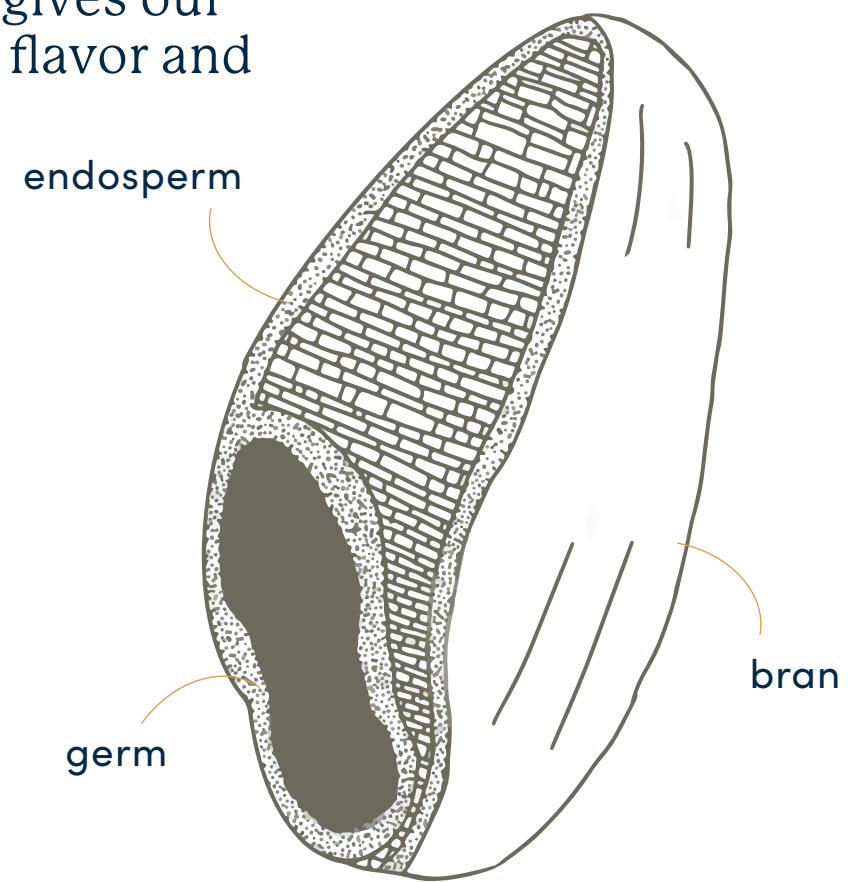


### food miles matter. a lot.

we know our farmers & you should, too. we work tirelessly to support our local grain & produce farmers. it takes time to build a relationship. it costs a lot more than ordering through a supplier. like a lot more. but we're going to commit to making good food that does more, that supports our community.

## whole ancient grains

some of our favorites are durum, einkorn, rouge de bordeaux, spelt, rye, & yecora rojo. ask for our handy handout that shares which grains are in each product. using whole grains & ancient grains gives our food a different depth of flavor and nutrition. let's make it rain whole grain!



## so, what makes our food

# SPECIAL??

Wild yeast

### naturally-leavened

all of our breads are made with a starter. even our soft, enriched loaves like brioche and milk bread. but not all of our breads use a traditional sourdough starter. so we refer to our breads as naturally-leavened. this term encompasses using the different methods and strains of wild yeast & bacteria to leaven our bread.

### stone-milled flour

the art of stone-milling flour is a craft we deeply respect. stone mills use massive, yet gentle stones that operate at a lower temperature compared to commercial metal rollers. the cooler environment leads to the flour retaining its proteins, iron and vitamins. the things we make with this flour are both more nutritious and delicious! our country loaf uses Fully Belly Farm flour. the wheat is grown on the farm then milled by Paul and his son Rye. it's one thing to have a stone mill, but it's on another level to grow and mill your own grains.

