Heritage Bread Workshop
July 18, Searsport, Maine

Join us to celebrate
Bread, Biodiversity & Wild Foods

Register on:
growseed.org
Welcome to the *Heritage Bread Workshop*

*a Celebration of Heritage Breads, Biodiversity and Wild Foods*

Join us for artisan bread workshops led by master bakers, culinary artists and grandmothers. Our located at 96 East Main St, Searsport, Maine, steps from the beach, kayaking, abundant with airbnbs and more.

**Workshops integrate three themes:**

1. Bake sourdough artisan breads in wood-fired ovens using landrace\(^1\) grains,

2. Learn traditional and creative arts of decorative celebration breads, and

3. How to collect, process and bake with abundant wild foods in Nature, with a focus on acorns and cattails.

**PRICE**

*Tuition:* $25 for the full day.

*$10 discount for a pound of acorns (without cracks or holes).*

**Please bring:**

1. Potluck lunch contribution.
2. A large mixing bowl.

*For questions:* growseed@yahoo.com

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\(^1\) Our ‘landrace’ grains were collected in remote regions in an early stage of domestication, bearing a Noah’s Arks of resilience from wild populations. Landraces evolved and were selected into heritage grains.
Michael Hanson, co-founder, Bread for Life
http://bread4life.org.uk

Bread For Life is a community initiative based in England. Through the ancient arts of farming, milling and baking we support food aid programs and community projects worldwide. By growing ancient grains and selling heritage flour we supports charities helping those living on the breadline. Michael worked with John Letts to create the UK Heritage Grain Trust. Our mobile pizzeria donates 10% of sales to those in need.

Michael Hanson was born to bake. He is a third generation Master Baker who stepped into his grandfather’s bake house aged 7. Fifty years later he still can’t resist the smell of a warm loaf. He has been a sourdough teacher for over 20 years, he was the Head of Baking at the Brook Bakery School in the UK. Michael also ran a successful wood-fired restaurant for several years.

Michael’s baking research has taken him to Iraq, Turkey, Bulgaria and Italy, where he worked with traditional bakers using wood-fired ovens and indigenous wheats. Most recently Michael has been conducting field research in the Republic of Georgia, searching out almost-extinct ancient grains and traditional bakers.

See: In search of Europe’s Traditional Peasant Bakers
https://www.sustainweb.org/realbread/articles/jan19_searching_for_nicolas_supiot/
Eli Rogosa
Heritage Grain Conservancy, growseed.org


Eli worked for the Israeli gene bank for seven years, collecting ancient grains with peasant farmers, and coordinated ‘Restoing Ancient grains - growseecd.org/wheat.hyml/ She was the Israeli cereal research cooperator with EU gene banks for 5 years and works with the Georgian organic farming association (elkana.org.ge) in the former Soviet Union, to collect and restore ancient Caucasus grains. Eli co-coordinated the USDA SARE-funded projects: ‘Restoring Our Seed’ https://projects.sare.org/project-reports/lne02-160, and ‘Northeast Organic Wheat’ https://projects.sare.org/project-reports/lne08-270
Schedule Summary

Sunday July 18

8:00  Tea and Introduction Circle
9:00  Discover Grain Biodiversity - Milling Flour, Soaking Grain
10:00 The Arts of Sourdough Bread -
      Mixing diverse flours, Hydration Proportions, Fermentation
11:00 Break
11:30 Dough Handling, Kneading, Folding, Shaping, Pans, Dutch Oven or Free Form
12:30 Lunch at the Beach
1:30  Celebration Bread Arts - Braid, Score, Sculpt
3:00  Break
3:30  Teterki Russian Decorative Pretzels
4:30  Sacred Fire
8:00 Join us an informal Introduction Circle with herb tea and coffee.

9:00 Discover Grain Biodiversity - Mill, Sift, Blend Soakers, Flour Quality
We will mill flour from diverse grains and explore the baking qualities, spanning drought-hardy
Fertile Crescent: einkorn, emmer, durum and barley, Caucasus Mountain: bread wheats, and
Old Europe: Poltavka, Rouge de Bordeaux, Banatka, Rye.
Experiment: Wash out starch and see the gluten of diverse flours.
Discussion: Why does modern wheat make us sick?

10:00 Master Class - The Arts of Sourdough Bread
We will focus on the second phase of bread when our ancestors moved from semi-pastoral
nomadism and began to settle down. Each extended family had an oven inside their house
rather than a simple hearth or outdoor fire pit to bake flatbreads.

Bread is baked by radiant heat not direct flame. This period introduced the community baker,
with more stretchable flours from T. aestivum, originally from the Caucasus Mountains, using
sourdough leavening for volume and softness. Bread was no longer the means by which food
was consumed by dip and filling, but the crown of the table.

Risen sourdough breads entail a longer process, so doughs will be started in early morning.
We will learn about nurturing the leaven, the flour, water and wild yeast mix known as the
Mother. We will explore water to flour ratios and doughs using different flours and leavens to
show different flour properties. The flours will all be fresh-milled heritage varieties.

11:00 Break

11:30 Activity: Bread of Life: Flour - Water Proportions
We will awaken our intuition and feel for well-proportioned dough by experimenting with
flour-to-water proportions spanning 100% to 50% hydration. 1. Mix dry ingredients. 2. Mix wet

Folding Sourdough Bread
Shaping and dough handling techniques differ in heritage flours. Modern flour has high gluten
that requires intense kneading for its gluten to adhere, and may be difficult to digest. In
contrast, heritage flour traditionally uses sourdough fermentation, is gently folded to strengthen
its gluten adhesion and is easier to digest. We will learn no-knead folding techniques using
doughs of diverse hydration ratios, and observe the potential of overnight slow-rising in cool
temperatures to enhance flavor and dough strength.
1:30 Celebration Bread Arts - Braid, Score, Sculpt

Celebration bread, edible folk art, is a forgotten tradition steeped in ancient myths that is being rediscovered today. Basic methods can produce stunning results. Even complex designs can be surprisingly easy to master. Whether you want to create a unique artistic creation for a festive event, a presentation for your bakery, or enhance a holiday table, celebration bread is a creative way to inspire through the versatility of bread and its roots in world-wide peasant traditions.

3:00 Break

3:30 Teterki - Russian Spring Equinox² Pretzels

‘In Russia we bake Teterki on the vernal equinox to rejoice as spring comes.’

Teterki cookies are offered to the Spring Goddess, Lyolya and to the Sun god Yarilo. Stunningly decorated Teterki are baked for spring equinox celebrations in northern Russia. Children and adults climb hills, lift Teterki high, look through them at the sun, and throw them high to the sky, singing for spring:

Migrating birds, fly to us and bring us spring on your tails!
Water - as ice melts on the rivers and lakes,
Earth - when first spring grass appears,
Air - thrown to the wind, and

Fire - tossed in the Fire or thrown up in the air as an offering to the Sun.

Teterki express joy of Spring’s arrival by gifts to wild birds, family, friends and neighbors. Farmers feed them to animals and offer these tasty gifts to awakening nature’s elements.

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² Summer and winter solstices are the longest and shortest days of the year. Equinoxes have equal daylight and darkness. The March vernal equinox begins spring as day and night are equal. The June summer solstice is the longest day of the year when summer begins. Autumn equinox is when day and night are equal in fall.