Heritage Bread Festival
August 18 - 19, Belfast, Maine

Join us to celebrate
Bread, Biodiversity and Song

Register on:
growseed.org

Fund-Raiser for EcologyLearningCenter.org
Welcome to the *Heritage Bread Festival*

*a celebration of heritage breads, biodiversity and community*

Join us for artisan bread workshops led by master bakers, culinary artists and grandmothers. Our festival is located on the working waterfront of Belfast Harbor steps from the beach, kayaking and downtown Belfast, abundant with airbnbs and more.

**Food as the Bearer of Culture**

Our Bread Festival takes place during the mid-summer wheat harvest where we will draw on traditions spanning the Caucasus Mountains, Celtic, and Ancient Israel - to tell our stories and celebrate our diverse food traditions. Our program culminates with a seed exchange to continue the momentum of biodiversity into the future.

**Workshops integrate three themes:**

1. Restoring ancient and heritage grain biodiversity on the verge of extinction,
2. Baking sourdough artisan breads in wood-fired ovens using landrace\(^1\) grains,
3. Celebrating the culture, cuisine and arts from ancestral homelands of ancient grains,

**PRICE**

*Tuition: Aug 18-19, $25 per day or $48 full program.*

*$20 discount for a pound of acorns (without cracks or holes).*

**Please bring:**

1. Food-contributions for our potluck lunch and dinners &
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.
Baker-Teachers

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/
**Nick Greco**, lead baker, Wegmans Supermarkets

Raised in the Bronx, Nick’s baking passion has taken him to NYC-area restaurants and bakeries, his own bakery and teaching baking at the prestigious Culinary Institute of America. Then Wegmans entered the story. ‘The way Nick masters ingredients and simplicity. He makes our dream come true: locally-grown heritage sourdough.’

Today, Nick’s baking begins in the field. He sources heritage and ancient grains that provide the best flavor, They’re planted at Wegmans organic farm for seed, then shared with partner farms to grow on a larger scale.

“Our loaves literally start in the field. We’re testing seeds at Wegmans organic farm for 5 years from now. There are ingredients you won’t find on a label. Where does the sun fit on the label? The soil? The farmer? Baking bread takes many steps. I’m adding more - plant the wheat.”

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 - growseed.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

Seed Exchange Co-Coordinators

Cr Lawn, founder of Fedcoseeds.com, farmer and master seed-saver, is sharing his vast experience in biodiversity, and is our overall support guy.

Nate Kleinman, experimentalfarmnetwork.org
farmer, plant breeder, and political activist, coordinates the Experimental Farm Network Cooperative for collaborative plant breeding to promote food security for humanity.

‘Participatory plant breeding on a massive scale can help us adapt to climate change’
Schedule Summary

8/18  Wednesday Morning - Bread as Storytelling
8:00  Registration and Tea
9:00  Discover Grain Biodiversity - Milling Flour, Soaking Grain
10:00 Break
10:30 Landrace Cuisine - Flatbreads of Our Mothers
11:30 Sacred Fire
12:30 Potluck Lunch with Student-Run Pizzeria

Wednesday Afternoon - Celebration Breads
2:00  Master Class - The Arts of Sourdough Bread
       Mixing diverse flours, Hydration Proportions, Fermentation, Folding
2:45  Break & Seed Exchange
3:00  Teterki, Decorative Russian Equinox Breads and Soft Pretzels
4:00  Baking Bread and Restoring Biodiversity with Young People
5:00  Sacred Fire Baking
6:00  Potluck Festive Dinner and Student-run Pizzeria
       with Music and Song around the Hearth

8/19 - Thursday - The Arts of Sourdough
8:00  Breakfast, Hike, Swim
9:00  Master Class - Baking Sourdough Bread
10:30 Break
10:45 Master Class - Baking Sourdough Bread
12:00 Lunch
2:00  Einkorn Sourdough Sprout Bread & Scandinavian Rye Bread
3:00  Break
3:30  Celebration Bread Arts - Braid, Score, Sculpt
5:00  Hike, Kayak and Swim
6:30  Sacred Fire - Bake Breads and Gratitude Flatbreads
7:30  Festive Dinner with Blessings and Song
6:30  Potluck Dinner & Closing Circle
8/20 Monday - Bread as Storytelling

8:00 Registration

9:00 Discover Grain Biodiversity - Mill, Sift, Blend Soakers, Explore 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 Break

10:30 Landrace Cuisine - Flatbreads of Our Mothers
The practice of adding toppings onto flatbread is as old as bread itself. The word ‘pizza’ may be
derived from the word ‘pita’. This workshop is lead by master baker Michael Hanson who has
managed pizzerias from England to the Caucasus Mountains. We will explore how to make
flatbread and pita using einkorn, an ancient grain that is safe for most people with gluten
sensitivity, and heritage wheats from Eastern Europe.

Filled Breads - Katchapuri
This session brings together the arts of milling, sourdough, dough mixing, shaping, baking and
fire-keeping. We will begin with the oldest of bread, flatbread (khubz, sangak, nani, lavash,
shrak, bazlama) baked over a metal saj, hot stones and slapped on sides of a wood-fired oven.
We will make filled breads, inspired by Turkish gozleme and Caucasus Kachapuri, using dips
and fillings of vegetables, goat cheese and spice. These breads follow in the footsteps of early
farmers in Old Europe 8,000 years ago culminating with the emmer breads of Tuscany.

11:30 Sacred Fire to Bake our Flatbreads and Pizza

12:30 Potluck Lunch, Student-run Pizzeria, Swim, Kayak

2:00 A. 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.
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 ingredients. 3. Combine. 4. Fold, 5. Ferment. 6. Bake. Observe crumb, texture and loaf volume.

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.

2:45 Seed Exchange Bring your diverse seeds to share. We will honor the seed and our ancestors who stewarded landrace seeds. Join Cr Lawn, founder of fedcoseeds.com, and Nate Kleinman, master seed-saver, to share the diversity of our abundance.

3:00 Teterki - Russian Spring Equinox 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.

4:00 Baking with Young People (for Educators)
We will share grade-by-grade projects that use bread and biodiversity as themes to bring history alive through artisan baking, seeds, farming, nutrition and youth entrepreneurship.

5:00 Sacred Fire - Bake Breads

6:00 Festive Potluck Dinner with Blessings and Song

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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.
8/19 - Thursday - The Arts of Sourdough

9:00  Bakers’ Master Class
Join Nick and Michael for an intensive bread baking master class. Between them they have over seventy years professional baking experience, and 30 years as teachers, suitable for home bakers who wish to learn in depth about sourdough, heritage wheats, fermentation, shaping and baking in a wood-fired oven. Participants are invited for a potluck dinner with Q&A. This is a unique opportunity to spend time with not one but two gifted professional bakers.

10:30 Break

11:00 Master Class - Continued

12:30 Potluck Lunch

2:00 Einkorn - Rye Bread with Soakers
Sourdough Scandinavian rye bread with soaked grains and seeds, adapted to einkorn as well.

3:00 Break

3:30 Celebration Bread Arts - Stencil, Score, Braid

5:00  Hike, Kayak and Swim

6:30 Potluck Dinner with Q & A
The cookie symbolize the sun and its warming effect on nature.

**Ingredients**
2 cups rye flour (or rye/wheat)
1 tbsp honey
2 tbsp vegetable oil
1 cup of warm water
pinch of salt
pinch yeast
In some villages hemp or flax seeds are added.

**Directions**
Mix rye and wheat flour, warm water, salt, yeast and honey to form a firm dough. Knead. Roll into snakes and form decorated circles. Wind the dough clockwise as the sun goes across the sky, starting from the centre outward. Brush the dough with oil or egg. Cover and let rest overnight in fridge. Bake the next day for 15-20 minutes at 325 until light golden.

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Информация взята из книги "Каргопольские тетёрки" автора-составителя Е. Шевелёвой.