

# *Heritage Bread Festival*

*August 18 & 19  
Boathouse, Belfast, Maine*



*Join us to celebrate  
Bread, Biodiversity and Song*

*Register on:*

*[growseed.org](http://growseed.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 after 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 bread 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<sup>1</sup> 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.  
\$10 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 & mixing spoon.*

***For questions: growseed@yahoo.com***

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<sup>1</sup> 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.