



Hello Good People!

Week of April 18th-April 24th

In The News!

Hitting the Road? Heading out of town?

Thank you for letting us know if you are heading out of town or hitting the road for the summer. Summer is bittersweet as many of our weekly customers head back to cooler places, and we miss seeing you. Safe travels. We are looking forward to working with you as soon as you return.

Recommend a Friend

Do you have friends who don't know about Bread and Flours? Are you keeping secrets and are enjoying Bread and Flours all for yourself? Are you a super-fan? We welcome ambassadors. (Bread-heads for Bread and Flours) Others have stepped out into the light and share with friends, family and neighbors. Sharing the good vibes about Bread and Flours has rewards. Recommend a friend(s) to Bread and Flours and receive a loaf of sourdough for yourself and for your friend(s).

Fill in the info at Bread and Flours in the "Recommend a Friend" section on our shop page, and join the family of goodness for your own health and for your community. Thank you!

Coming Soon - What's Better than sliced bread?

Bread and Flours is coming to its final days of working out it's recipes for sliced sourdough for the community. Yes that is right, we will have sliced bread. Yes it's true. We have purchased a bread slicer. We are identifying the correct environmentally friendly

packaging for sliced sourdough. These will be specific recipes for sliced bread, different than our artisan loaves. Thank you for your patience and stay tuned.

Glyphosate in Oats

Moving forward, Bread and Flours will only use Organic Oats in all our products. After completing and reviewing the data, we have decided to no longer serve to our community traditional “standard” oats. Concerns about residual herbicides and pesticides have led us to this decision. Bread and Flours will absorb the higher costs for 2021 for our selections that use oats and not change our pricing.

A list of the following products will now have “organic oats”:

Spent Grains Sourdough

Haul’in Oats Sourdough Bread

Just Maple Granola

Mornin Sunshine Granola

<https://www.health.com/nutrition/pesticides-in-oatmeal>

Articles - In the News:

How Sliced Bread Became the 'Greatest Thing'

<https://time.com/3946461/sliced-bread-history/>

Surprising Side Effects Bread Has On Your Gut, Says Science

by Toby Amidor, MS, RD, CDN

<https://www.eatthis.com/how-bread-affects-gut/>

Vegan Cheese, but Make it Delicious

[https://www.nytimes.com/2021/04/16/dining/vegan-cheese.html?](https://www.nytimes.com/2021/04/16/dining/vegan-cheese.html?searchResultPosition=1)

[searchResultPosition=1](#)

How to make the best vegan brownies

<https://rainbowplantlife.com/the-absolute-best-vegan-brownies/>