

Last month's newsletter seemed to go down well, so, encouraged, I'll keep going!

The harvest is in! Our April Bearded wheat at **Roots and Shoots** has been harvested; well done Greg and David. We're working on a plan to mill the wheat and bake some bread with the students.

I've been developing some new breads. As well as being creative and fun, and sometimes exasperating, working on the new breads also helps me with the existing loaves: I am reminded why I chose to do something in a particular way, and perhaps that I've forgotten to make adjustments to compensate for the weather or the flour.

The breakfast rolls I mentioned last month are now available and have been picked up by **Italo** delicatessen in Bonnington Square to be served with their breakfasts. They are not quite as "fluffy" as some might like, but, without using commercial yeast this is difficult to achieve with the flours I use. Each week I am reminded by one customer in particular that it really is worth persevering with the natural levain approach; they are allergic to yeast, but, strangely, not allergic to the yeasts produced in true sourdoughs. I think this is something for all of us to bear in mind.

I say "true sourdough" because many bakers have used, and continue to use, a little commercial yeast in their "sourdough" breads to regulate the rise and the texture. Also, in recent months, quite a few "sourdough" products (powders, etc) have come on to the market that are not sourdough (as understood by the majority if not the law). "Just add water" and bake products are not sourdough or a natural leaven.

A recent chat with the Council's Food Safety officer prompted me to publish my stance on **Allergens, Allergies and Intolerances** and to explain why I don't bake "Gluten Free" breads. I also took the opportunity to write a few words on the bakery and **why I bake**.

The Real Bread campaign's "**Sourdough September**" is almost upon us. I'm planning to set up a Sunday table to show, talk about and, naturally, sell some special breads throughout the month. I have received some requests, but I'm looking for more! Let me know next time you see me, **give me a call or mail me**.

The standard loaf sizes in the UK are 400g and 800g (based on 1lb and 2lb). My loaves are nearly all 500-650g. A size I believe to be more usable and, hopefully, create less food waste. But I also bake large loaves. If you ever want or need a large loaf or ten, please just ask me.

Holidays. I will be taking a "busman's holiday" through the last week of August (23rd - 31st inclusive). I'll be baking with a huge wood fired oven. And sleeping.

Now available: "Salamanca" – Breakfast Rolls

Coming soon: "Poitiers" – Sunflower Seed Loaf, "Oro" Rye Crisp Breads, Rosemary Focaccia – but I need a "name" for this.