

After my brief break sleeping and baking in the Dolomites I'm back and the Real Bread Campaign's "**Sourdough September**" is in full swing. Despite returning a couple of days later than planned I was pleased and relieved to see my sourdough "starters" in fine health.

I keep three different ferments, Spelt, Rye and Wheat, each at a different "hydration": the ratio of flour to water. The pure Spelt and Rye ferments are kept at 65% and 100% respectively, the Wheat, which also contains a little Rye for flavour, is maintained at 75% (75 parts water to 100 flour).

The ferments are "refreshed" or "fed" once or twice a day and are used to "build" a final dough in two, sometimes three, stages. Each stage requires time (4-16 hours each), which is why it's almost impossible for me to bake to order on the same day. However, I often bake an extra loaf (though not a "Baker's Dozen"), so if you're suddenly hungry for a loaf, give me a call.

A baker's dozen came about to ensure that, from the 13th Century, there was no shortfall in the delivered weight; in those days the punishment was somewhat harsh and unforgiving. Though perhaps necessary! Modern legislation simply requires that the weight of a baked loaf be at or above the labelled weight to a certain tolerance. Unwrapped standard loaves (400g & 800g) do not require a label or a sign.

The first two Sunday "Taste & Talk" tables have gone well; it's been a pleasure to put some faces to names, meet new customers, and simply say hello to some of our neighbours. And the sun shone. I will definitely be continuing with the Sunday tables beyond September. Whatever the weather! Please drop by and say hello.

Sunday Taste & Talk, 10:30-3pm, Kennington Coffee Shop, 193 Kennington Road.

I've had a few enquiries about collection points on Kennington Park Road (specifically Kennington Station) and also deliveries. I have been and am working on both of these and do make regular deliveries, especially later in the day: I do understand that the collection hours and locations don't address everyone's needs. If you'd like to order the bread regularly and can't see a suitable **collection point** or time, please give me a call or mail me.

I was able to contribute a few loaves to the **St Luke's** 1st Anniversary Party this last Saturday. Unfortunately I wasn't able to be there (I was at a Real Bread conference), but I was especially pleased to hear how much the children loved the breads. This is one of the reasons why I bake.

Now available: "Poitiers" – Toasted Sunflower Seed Loaf

New Collection Points: The Kennington Park Cafe in Kennington Park
Coming soon: Ragged Canteen, Newport Street, SE11

Coming soon: "Naseby" – 100% Wholemeal Loaf, "Oro" Rye Crisp Breads, Rosemary Focaccia – I think I'll just call it a "Focaccia"!