

(DRAFT - IN -PROCESS)

Searsport Shores

Bread Camp

*Join us to restore our food traditions, heritage grains,
bake artisan bread and celebrate the harvest.*



July 21 - 25, 2021

Searsport Shores Ocean Camp

Contact Eli Rogosa: growseed@yahoo.com

Heritage Grain Conservancy

growseed.org

Bread Camp



Welcome to *Bread Camp*, a celebration of food traditions, ancient and heritage grain biodiversity, bread arts, seed-saving, song and community.

Our program offers artisan baking and traditional food art workshops led by expert bakers, artists and grandmothers in the rustic setting of a 40 acre organic farm and camp retreat on the shore of Midcoast Maine. We offer a stunning timber-framed community kitchen for shared meals, wood-burning ovens, pristine seashore for swimming and kayaking, camping options from tenting to cottages, hiking paths, organic garden, sheep, goats, and an artist-in-residence program, located 5 miles north of Belfast, steeped in the maritime heritage of Searsport, Maine.

Mid-Summer Harvest Celebration with On-Farm Seed-Saving

Bread Camp takes place during the mid-summer wheat harvest where we will draw on harvest traditions spanning Ancient Israel, Celtic and Caucasus Mountains - to go out to the fields to dance with the wheat sheaves, learn the traditional arts of seed-saving and learn the practical skills to restore almost-extinct heritage grains. Our program culminates with a seed exchange to continue the momentum of bread biodiversity into the future.

To register for July 21-25 accommodations for our five day residential program go to: maineoceancamping.com. Size is limited to 50 people to foster a community-building experience in compliance with Covid guidelines. There is a fee of \$400 for participation.

Workshops and resources focus in three themes:

1. Restoring ancient and heritage grain biodiversity on the verge of extinction,
2. Artisan baking using landrace grains, sourdough and wood burning ovens, and
3. Celebrating the culture, cuisine and arts from the ancestral homelands of ancient grains, with a focus on Ancient Israel, Celtic and Caucasus Mountains



Bread Camp

Presenters

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 it supports food aid programs and community projects worldwide.

By growing ancient grain and selling our heritage flour we can give to several charities. Our mobile pizzeria donates 10% of sales to those in need. We support seed banks who help preserve heritage grains.

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 teaches baking at the Heritage Bakery School - UK, and works with John Letts to create the UK Heritage Grain Alliance for growing heritage grains. Recently Michael has been working in the Republic of Georgia searching out almost-extinct ancient grains, and baking in traditional farms of Tuscany, Italy with local bakers.

In search of Europe's Traditional Peasant Bakers

https://www.sustainweb.org/realbread/articles/jan19_searching_for_nicolas_supiot/

Eli Rogosa, Heritage Grain Conservancy

growseed.org



author of 'Restoring Heritage Grains', conserves ancient grains and traditional knowledge of their culinary use in the Caucasus Mountains and the Mideast. She co-manages the Seed Ark Farm in Mass with her husband, Cr Lawn, founder of Fedcoseeds.com. Her occasional bakery specializes in gluten-safe, ancient grain breads using Biblical and Caucasus Mountain grains that she collected and restored. Eli worked with the Israel gene bank for 7 years, coordinated Israeli, Palestinian and Jordanian cooperation for 'Restoring Ancient Wheat' (growseed.org/wheat.html).

Eli was funded by the EU for five years to be the Israeli cereal research cooperator with EU gene banks and breeders. Eli is currently works with the Georgian organic farming association (elkana.org.ge) in the former Soviet Union, to help collect and restore ancient grain production, and in Elkana's Seed Ark Farm in Akhaltski, Georgia. Eli coordinated the 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>)

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Program Overview

*Each morning starts with an hour of hiking, swimming and movement
Late afternoon swimming, kayaking or hiking*

7/21 Wednesday

1:00 Field Trip with Mark Fulford - *pending confirmation*
4:00 Register and Settle in, Explore the land and sea of Searsport Shores
6:00 Potluck Dinner
7:00 Music

7/22 - Thursday: Basic Bread Baking and History of Wheat

8:00 Hike and Swim, Breakfast
9:00 Make Pizza and Pita
11:00 Mezze Dips, Toppings, Making Ricotta Cheese
12:00 Potluck Lunch
1:00 Food as Medicine - Restoring our Heritage of Bread and Grain Biodiversity
2:00 Baking Bread *without* a Recipe
3:30 Folklore and Food - Pastiera: Pagan Spring Fertility Cake
5:00 Hike, Kayak and Swim
6:00 Dinner
7:00 Sharing Our Stories, Recipes from our Heritage

7/23 - Friday: Bread Art

8:00 Hike and Swim, Breakfast
9:00 Explore Recipes, Proportions, Baker's Formulas,
10:00 Basic Bread using Sourdough Fermentation
11:00 Bread from the Earth - Biblical Breads - Emmer, Einkorn, Barley, Durum
12:00 Lunch
1:00 Bread Art - Celebration Breads
5:00 Hike, Kayak and Swim
7:00 Festive Dinner with Bread Blessings and Song
Evening Discussion: Enlivening Water with Vortex, Flowforms and Stirring

7/24 - Saturday: Dancing in the Fields

9:00 Hike and Swim
10:00 In the Field - Explore Biodiversity and Seed-Saving
Ancient Grain-Sheaf Dance and Harvest Celebrations
12:00 Lunch and Song
1:00 Planet Bread
Einkorn Sourdough Sprout Bread, Rye Bread with Soakers
Kachapuri Georgian Cheese Bread, Armenian Lavash
3:00 Group Sharing of Recipes and Methods
4:30 Hike, Kayak, Swim,
6:00 Smorgasbord Dinner and Song
7:00 Music Jam

7/25 Sunday - Restoring Our Seed - Seed Exchange - Micro-Bakery - Baking Networks

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