

Heritage Bread Festival

August 18 - 19, Belfast, Maine



*Join us to celebrate
Bread, Biodiversity and Song*

growseed.org

Fund-Raiser for EcologyLearningCenter.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 during 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 food 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 landrace¹ grains,
3. Celebrating the culture, cuisine and arts from ancestral homelands of ancient grains,

PRICE

*Tuition: Aug 18, Wednesday - \$59,
Aug 19, Thursday Master Class - \$98 (limited to 15 people)
Please bring food-contributions for our potluck lunch and dinners.
Enjoy the world-famous ELC Student-run Pizzeria at Lunch*

Register with growseed@yahoo.com



¹ 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.

Baker-Teachers

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 we support food aid programs and community projects worldwide. By growing ancient grains and selling heritage flour we supports charities helping those living on the breadline. Michael worked with John Letts to create the UK Heritage Grain Trust. Our mobile pizzeria donates 10% of sales to those in need.

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 has been a sourdough teacher for over 20 years, he was the Head of Baking at the Brook Bakery School in the UK. Michael also ran a successful wood-fired restaurant for several years.



Michael's baking research has taken him to Iraq, Turkey, Bulgaria and Italy, where he worked with traditional bakers using wood-fired ovens and indigenous wheats. Most recently Michael has been conducting field research in the Republic of Georgia, searching out almost-extinct ancient grains and traditional bakers.

See: In search of Europe's Traditional Peasant Bakers

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



Nick Greco, lead baker, Wegmans Supermarkets



Raised in the Bronx, Nick's baking passion has taken him to NYC-area restaurants and bakeries, his own bakery and teaching baking at the prestigious Culinary Institute of America. Then Wegmans entered the story. 'The way Nick masters ingredients and simplicity. He makes our dream come true: locally-grown heritage sourdough.'

Today, Nick's baking begins in the field. He sources heritage and ancient grains that provide the best flavor, They're planted at Wegmans organic farm for seed, then shared with partner farms to grow on a larger scale.

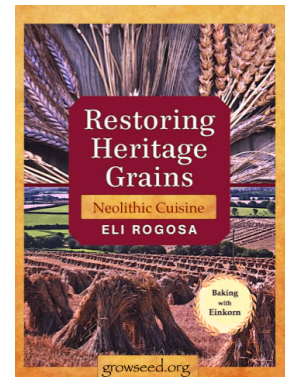
"Our loaves literally start in the field. We're testing seeds at Wegmans organic farm for 5 years from now. There are ingredients you won't find on a label. Where does the sun fit on the label? The soil? The farmer? Baking bread takes many steps. I'm adding more - plant the wheat."
<https://www.wegmans.com/grain-seeds-to-in-store-bread/>



Eli Rogosa, Heritage Grain Conservancy, growseed.org



author of 'Restoring Heritage Grains', collects and conserves ancient grains and food traditions in the Mideast and Caucasus Mountains. She co-manages the Seed Ark farm with Cr Lawn, founder of fedcoseeds.com. Her farm-bakery specializes in ancient grain breads using Biblical-era and Caucasus Mountain grains.



Eli worked for the Israeli gene bank for seven years, collecting ancient grains with peasant farmers, and coordinated 'Restoring Ancient grains' - growseed.org/wheat.html. She was the Israeli cereal research cooperator with EU gene banks for 5 years and works with the Georgian organic farming association (elkana.org.ge) in the former Soviet Union, to collect and restore ancient Caucasus grains. Eli co-coordinated the USDA 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>



Seed Exchange Co-Coordiators



Cr Lawn, founder of Fedcoseeds.com, farmer and master seed-saver, is sharing his vast experience in biodiversity, and is our overall support guy.

**Nate Kleinman,
experimentalfarmnetwork.org**

farmer, plant breeder, and political activist, coordinates the Experimental Farm Network Cooperative for collaborative plant breeding to promote food security for humanity.

'Participatory plant breeding on a massive scale can help us adapt to climate change'



Song of Bread

Daniel Varoujan, Armenian poet

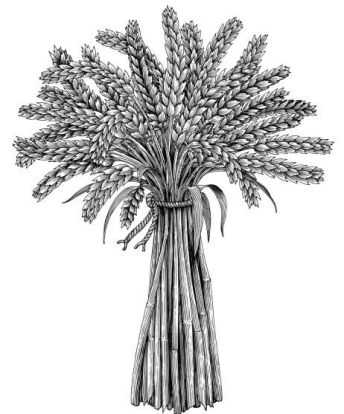
Teach, me, O thou muse of my sires, teach me
How the hardened husbandman, in clinging
To the crooked handle of his plow, rends
The barren soil's chests and how, beneath
The cascade of the sunrays, the russet
Wheat is pyramided into stacks, and
How the mill-stones groan, how overflows,
Around the bread-pan, the mass of leavened dough,
And how the dough is baked in ever-fired
Peasant ovens; and how bread, holy bread,
Scatters mirth to many, strength to alls
Teach me, crown my lyre with ears of wheat,
As by the wheat-stack, beneath the willow's
Shade I sit and lo, all my songs are born.

The earth
The ox
The seed
The sun
The rain
The mill
The wild yeast
The hearth

May this poem by Varoujan awaken our muse as we craft our breads of life, awaken our song of bread that speaks to the world. May her inspiration guide us as we seek the arts of bread, to nourish a broken world.

Man takes these notes and creates the song of life - bread. Earth is not man's dominion but his muse. Man knows that only by respecting and honoring what gives him life will the song continue to be sung. The song, the notes, are like the threads with which we weave the world into existence with out love and suffering.

Michael Hanson explains, I discovered this poem whilst hitch hiking to Yerevan 18 months ago in search of Armenian bread traditions. I had planned to drive there, but i was stopped at the border and had to go by foot. I got a lift with someone who spoke a little English, and he told me about Varoujan. Unfortunately i could not find "The Song of the Bread" in Yerevan. I discovered this translation from 1940.



Schedule Summary

8/18 Wednesday Morning - Bread as Storytelling

- 8:00 Registration and Tea
- 8:30 Discover Grain Biodiversity - Milling Flour, Soaking Grain
- 9:00 Flatbreads of Our Mothers, Filled Breads: Georgian Katchapuri and Pizza
- 10:30 Break
- 11:00 Teterki, Decorative Russian Equinox Breads and Soft Pretzels
- 11:30 Sacred Fire
- 12:30 Potluck Lunch with Student-Run Pizzeria

Wednesday Afternoon - Celebration Breads

- 2:00 A. Master Class - The Arts of Sourdough Bread
 - Mixing diverse flours, Hydration Proportions, Fermentation, Folding
- B. Einkorn-Rye Hearth Loaf with Soakers
- 3:00 Break
- 3:30 Celebration Bread Arts - Braid, Score, Sculpt
- 4:30 Seed Exchange and Showcase of Community Breads with Home Bakers
- 5:30 Sacred Fire Baking
- 6:30 Potluck Festive Dinner and Student-run Pizzeria
- 7:30 Music and Song around the Hearth

8/19 - Thursday - Bakers' Master Class Intensive

\$98 for full day - Limit 15 people

9am-5pm Bakers' Master Class

15 people for a full day of individualized intensive training for serious bakers

6:30 Potluck Dinner & Closing Circle

Schedule Details

8/20 Monday - Bread as Storytelling

8:00 Registration

8:30 Discover Grain Biodiversity - Mill, Sift, Blend Soakers, Explore Flour Quality

We will mill flour from diverse grains and explore the baking qualities, spanning drought-hardy Fertile Crescent: einkorn, emmer, durum and barley, Caucasus Mountain: bread wheats, and Old Europe: Poltavka, Rouge de Bordeaux, Banatka, Rye.

Experiment: Wash out starch and see the gluten of diverse flours.

Discussion: Why does modern wheat make us sick?

9:00 A. Flatbreads of Our Mothers

The practice of adding toppings onto flatbread is as old as bread itself. The word 'pizza' may be derived from the word "pita". This workshop is lead by master baker Michael Hanson who has managed pizzerias from England to the Caucasus Mountains. We will explore how to make flatbread and pita using einkorn, an ancient grain that is safe for most people with gluten sensitivity, and heritage wheats from Eastern Europe.

B. Filled Breads - Katchapuri

This session brings together the arts of milling, sourdough, dough mixing, shaping, baking and fire-keeping. We will begin with the oldest of bread, flatbread (khubz, sangak, nani, lavash, shrak, bazlama) baked over a metal saj, hot stones and slapped on sides of a wood-fired oven. We will make filled breads, inspired by Turkish gozleme and Caucasus Kachapuri, using dips and fillings of vegetables, goat cheese and spice. These breads follow in the footsteps of early farmers in Old Europe 8,000 years ago culminating with the emmer breads of Tuscany.

10:30 Break

11:00 Teterki - Russian Spring Equinox² Pretzels

'In Russia we bake Teterki on the vernal equinox to rejoice as spring comes.'



² Summer and winter **solstices** are **the** longest and shortest days of the year. Equinoxes have equal daylight and darkness. The March vernal equinox begins spring as day and night are equal. The June summer solstice is the longest day of the year when summer begins. Autumn equinox is when day and night are equal in fall.

Traditionally, Teterki cookies are offered to the young Spring Goddess, Lyolya and to the young Sun god Yarilo from the land where sun gods live in the winter. Stunningly decorated Tererki cookies are baked for spring equinox celebrations in northern Russia. Children and adults climb hills, lift the Teterki high and look through them at the sun. They throw the Teterki high towards the sky and sing for spring:

"Migrating birds, fly to us and bring us spring on your tails!"

Teterki express the joy of Spring's arrival through gifting them to wild birds, family, friends and neighbors. Farmers feed them to domestic animals and offer these tasty gifts to awakening nature's elements:

Water - as ice melts on the rivers and lakes,

Earth - when first spring grass appears,

Air - thrown to the wind, and

Fire - tossed in the Fire or thrown up in the air as an offering to the Sun.

Yarilo

In Russia, spring equinox signals the arrival of migratory birds that herald Yarilo. The word "Yar" means young, green spring, so **Yarilo** literally means "Young green one", the original "Green man", bringer of Spring. According to Russian legend, Yarilo's arrival is announced by the mating song and dance of the sun bird black grouse.

The ancient Slavic name for black grouse is 'tetervi', the same name as Spring Equinox cookies. The equivalent in South Slavic tradition is partridge whose mating song and dance announce the immanent arrival of Yarilo. Both the female partridge and female grouse are symbols of fertility in Slavic tradition. They represent the maiden bride and in a mythological sense, Spring Earth, Spring Goddess Vesna. This is why Teterki cookies are made for wedding rituals by the bride's mother and given to groom's family as special gifts.³⁴

11:30 Sacred Fire to Bake our Flatbreads and Pizza

12:30 Potluck Lunch, Student-run Pizzeria, Swim, Kayak

2:00 A. Master Class - The Arts of Sourdough Bread



³ Symbolism of Animals in Slavic folk Tradition, Aleksandar Gura

We will focus on the second phase of bread when our ancestors moved from semi-pastoral nomadism and began to settle down. Each extended family had an oven inside their house rather than a simple hearth or outdoor fire pit to bake flatbreads.

Bread is baked by radiant heat not direct flame. This period introduced the community baker, with more stretchable flours from *T. aestivum*, originally from the Caucasus Mountains, using sourdough leavening for volume and softness. Bread was no longer the means by which food was consumed by dip and filling, but the crown of the table.

Risen sourdough breads entail a longer process, so doughs will be started in early morning. We will learn about nurturing the leaven, the flour, water and wild yeast mix known as the Mother. We will explore water to flour ratios and doughs using different flours and leavens to show different flour properties. The flours will all be fresh-milled heritage varieties.

Activity: Bread of Life: Flour - Water Proportions

We will awaken our intuition and feel for well-proportioned dough by experimenting with flour-to-water proportions spanning 100% to 50% hydration. 1. Mix dry ingredients. 2. Mix wet ingredients. 3. Combine. 4. Fold, 5. Ferment. 6. Bake. Observe crumb, texture and loaf volume.

Folding Sourdough Bread

Shaping and dough handling techniques differ in heritage flours. Modern flour has high gluten that requires intense kneading for its gluten to adhere, and may be difficult to digest. In contrast, heritage flour traditionally uses sourdough fermentation, is gently folded to strengthen its gluten adhesion and is easier to digest. We will learn no-knead folding techniques using doughs of diverse hydration ratios, and observe the potential of overnight slow-rising in cool temperatures to enhance flavor and dough strength.

B. Einkorn - Rye Bread with Soakers

Inspired by sourdough Scandinavian dense rye bread with soaked grains and seeds

3:00 Break

3:00 Celebration Bread Arts - Stencil, Score, Braid



4:00 Seed Exchange and Showcase of Bread by Home Bakers

Bring your diverse seeds to share. We will honor the seed and our ancestors who stewarded landrace seeds. Join Cr Lawn, founder of fedcoseeds.com, and Nate Kleinman, master seed-saver, to share the diversity of our abundance.

Bring your homebred breads to share and celebrate.

5:00 Sacred Fire - Bake Breads

6:30 Festive Potluck Dinner with Blessings and Song

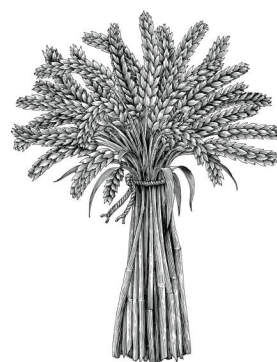
7/21 - Thursday - Bakers' Master Class

Join Nick Greco and Michael Hanson for an intensive bread baking master class. Between them they have over seventy years professional baking experience, and 30 years as teachers.. The course is suitable for accomplished home bakers who wish to learn more about Sourdough, Heritage wheats, dough fermentation and shaping, and baking in a wood-fired oven.

Participants are welcome to stay for a potluck dinner and a Q&A session in the evening. Places are strictly limited to fifteen participants. This is a unique opportunity to spend time with not one but two gifted professional bakers.

Our profits will be donated to the Ecology Learning Centre in Unity, Maine, to support their Food Education Program.

6:30 Potluck and Closing



Teterki Recipe

The cookie symbolize the sun and its warming effect on nature.

Ingredients

2 cups rye flour (or rye / wheat)

1 tbsp honey

2 tbsp vegetable oil

1 cup of warm water

pinch of salt

pinch yeast

In some villages hemp or flax seeds are added.

Directions

Mix rye and wheat flour, warm water, salt, yeast and honey to form a firm dough. Knead. Roll into snakes and form decorated circles. Wind the dough clockwise as the sun goes across the sky, starting from the centre outward. Brush the dough with oil or egg. Cover and let rest overnight in fridge. Bake the next day for 15-20 minutes at 325 until light golden.





Информация взята из книги "Каргопольские тетёрки" автора-составителя Е. Шевелёвой.





⁵ <https://mooncircles.com/this-weeks-semi-rare-full-moon-equinox/teterki-russian-rye-cookies-for-spring-equinox-celebration-in-n/>