Our Daily Bread....
How Does It Get From the Farm to Your Plate?

"Judy! Bobby! Ali! David! Payton! Rebecca! Fernando! Amelia! Come on! It's time for the picnic!" Judy's mom hollered. The kids came racing in from all corners of the farm, while Judy's parents unpacked the picnic baskets.

Susan and Curtis, the owners of the farm started slicing three loaves of warm, whole wheat bread. "OK, we're ready," Curtis said. "Everybody can make their own sandwich."

"What's this?" asked Amelia. "An orange tomato," Payton explained. We grow all kinds of vegetables — every color, shape, and size you can think of. And we grew the lettuce, and my chickens laid the eggs for the deviled eggs. And we got the butter and milk from Green Grocers, but they come from the Buchmayer's dairy down the road. They bottle the milk from their cows, make butter, and then sell both to the store."

"Well, you didn't grow this!" Amelia laughed pointing at the bread. "Yeah, we did," Payton explained. My mom and dad grow the wheat and grind it into flour and use it to make the bread.
Amelia took a bite. Ali said, "My mom buys the flour your mom and dad make at the natural foods store in town." "This tastes just like the bread we buy at the bakery," Amelia mumbled through her sandwich, "mumm gud."

"Hey, don't talk with your mouth full, Amelia," Payton teased. Amelia swallowed. "Isn't that wheat?" she asked, pointing to a field beside them. "Sure is," Payton told her. "Well, how do you turn that plant into bread?" "It's easy," Payton said. Payton's mom rolled her eyes. "OK, it's easy, when mom and dad do all the work," Payton said with a grin.

First you harvest the wheat — that happens in July when the wheat is tall and turns golden yellow." Rebecca stepped in, "I know how that works. You use a combine to cut the wheat down. I saw you do it last year. The combine leaves the wheat stalk in the fields, and gathers up all the little wheat berries together."

"Right," Payton said. "Then we store the grain — the wheat berries— in those grain bins over by the house." "Yeah", said Amelia, "but how do you turn it into bread?"
Mumm Gud!
Make Some At Home!

No-Knead Whole Wheat Bread

7 1/2 cups whole wheat flour
2 tablespoons dry yeast
4 cups warm water
1 tablespoon honey
1/4 cup molasses

Place flour in a large bowl and place in a warm oven for about 20 minutes to warm flour and bowl. If it is a gas oven, the pilot light will give sufficient heat; if electric, set at lowest temperature.

In a small bowl, dissolve yeast in 1 cup warm water and then add honey. Let sit until it begins to foam (ie: proof yeast and honey mixture).

Mix molasses with 1 cup warm water. Combine yeast mixture with molasses mixture and add to flour. Add enough warm water to make a sticky dough, about 2 cups.

Butter 2 large loaf pans, at least 9 x 5 inches, or 3 small loaf pans, and place entire mixture directly into pans. No kneading is necessary. Let rise in a warm place for 1 hour. Preheat oven to 400 degrees Fahrenheit.

Bake for 30 to 40 minutes, or until crust is brown. Remove pans from oven and let cool on wire racks for 10 minutes. Remove loaves from pans and let cool completely on wire racks before slicing.

Makes 2 large, or 3 small loaves.

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