

Gold Island Bakery Ingredients List 2018

Breads:

Sesame Whole Wheat (red fife flour, quebec unsifted whole wheat, sesame) [sesame coated long oval]
100% Rye (rye flour only)[square with rye flour]
Big 100% Rye (rye flour only)[long rectangle]
Prune and Walnut 100% Rye (rye flour, prune, walnut)
100% Kamut (kamut flour only)[pumpkin seed, golden, small]
Danish Rye (rye flour, flakes and whole kernel rye plus sunflower seeds)[sunflower seed coated]
7 grain (rye, red fife, spelt, buckwheat, oats, flax, sunflower, pumpkin seeds)[oat and seed coated]

Sweets:

Spelt Oat Scones (cream, butter, eggs, organic sugar, baking powder):
Chocolate Rye Cookies (whole rye, org. Chocolate & cocoa, butter, org. Sugar, sea salt, baking powder)
Spelt Date Roll (whole spelt, butter, dates, honey, spices)

All flours are organic and milled in a stone-ground mill. Stone ground milling works at a low temperature so the grain is not pasteurized as it is milled, which happens with steel milling. These breads are made to have the highest nutritional value possible- using organic flour, milled by stone, unsifted, meaning the full nutritional potential of the grain remains still in the bread. White flour breads have had the mineral and vitamin content of the flour removed through sifting and taking off the bran and germ. Also, as sourdough breads they are made through a slow rise process which allows for the most amount of minerals and vitamins to be absorbed by our bodies when we eat it. This bread is a health food! 97% of flours used in GIB loaves is whole grain and always sourdough. All flour and most seeds are organic. Most of the grain is grown in eastern Canada, in Quebec, NS, NB and PEI. This means a portion of the money spent on this loaf goes into the local agriculture world. I also use other organic baking ingredients when it is financially viable. Choosing ingredients that are locally grown or certified with a fair trade stamp is very important at Gold Island Bakery. We believe that food should be grown in a sustainable way with awareness that a lot of food is grown destructively and also relying on exploitative labour practices of vulnerable people.

I do not make gluten free products as I could not sell them to celiacs as there is glutinous flour present all the time in the air and space of my bakery. Plus, these breads are actually good for your body, mind and spirit! Rye is a truly lower gluten bread than wheat. It is a myth that spelt and kamut are low gluten. They just have different digestibility potential for different peoples' bodies.

Ok, that is my spiel- perhaps there will be some good talking points in here to help you talk about GIB breads to your customers. Thank you for supporting my business!