

SOURDOUGH SCHEDULE

DAILY: CLASSIC

**TUES & THURS:
MULTIGRAIN**

WED: PESTO PARMESAN

FRI: OLIVE LEVAN

See back for more
Whole Grain Info!

**1/2 Dozen FREE Rolls
with Soup Mix
Purchase**



Now that's one warm special!

During the cold winter months, is there anything quite like a hot bowl of soup and a fresh, made-from-scratch roll?

**KING CAKE SEASON
IS HERE!**



**Start putting your
orders in now!**

**Cakes can be made
Jan 6th - Feb 13th.**

Did you know

we make all of our fresh grounds in house and from natural ingredients. Our granola and oatmeal is high in fiber and heart healthy.

Bakin' Up a Review

Please take a moment to review us on your favorite review site!



Great Harvest Bread Co.®

6030-G Burke Commons Road, Burke 703-249-0044

9000-S Lorton Station Blvd, Lorton 703-372-2339

www.greatharvestburke.com
facebook.com/BurkeGreatHarvest

BURKE: Mon & Tue 7am -4 pm, Wed-Friday 7am-5pm Sat 7am-6pm

LORTON: Mon & Tue 7am -4 pm, Wed-Friday 7am-5pm Sat 8am-4pm Sun CLOSED



January Breads 2024

= 100% whole grain using wheat from family farms, ground daily in the Burke bakery.

EVERY DAY Honey Whole Wheat • Old Fashioned White

(MON- SAT) Honey Wheat Rolls • White Rolls

Cinnamon Chip • Xtreme Cinnamon Chip •

Apple Crunch • Cheddar Garlic

TUESDAY

Dakota

WEDNESDAY

Popeye

THURSDAY

Dakota • Challah • Cinnamon Raisin Walnut (V)

FRIDAY

Jalapeno Cheddar Garlic • Challah

SATURDAY

Dakota • Baker's Choice



Amazing Whole Grains

- Whole grains have 3-5 times the vitamins and minerals found in refined grains.
- Most of the fat in our whole grain breads is healthy unsaturated fats from the germ of the kernel. Honey Whole Wheat has 0.5 gram per slice.
- Carb for carb, whole grain breads are low in calories, low in fat, a good source of fiber, and have tons of vitamins and minerals compared to other carb choices.

*Whole grains make for delicious
bread & sweets!*

Check it out on our website at

[http://www.greatharvestburke.com/
aboutourbread.html#nutrition](http://www.greatharvestburke.com/aboutourbread.html#nutrition)

SWEET SPOT

COOKIES

Daily: Chocolate Chip • Oatmeal Raisin
Salted Caramel Chocolate Chip
Tues: Butterscotches
Sat: Snickerdoodles

SCONES

Daily: Cinnamon Chip; Blueberry
Wed: Chocolate Almond
Fri: Butterscotch
Sat: Maple Oatmeal

MUFFINS

Peach Blueberry
Morning Glory

DESSERT BREAD AND MUFFINS

Mon: Pumpkin & Pumpkin Chocolate Chip
Thurs: Pumpkin & Pumpkin Chocolate Chip
Fri: Coconut
Sat: Snickerdoodle

...Plus Cinnamon Rolls!

GREAT HARVEST BREAD CARE INSTRUCTIONS

COOL IT & BAG it! Hot bread must cool completely before you bag it, or it will become soggy. Be sure bread is cool to your wrist before placing it in the bag (usually within two hours after purchasing). Place the bread in the plastic bag and press out any extra air. Twist the top of the bag tightly and secure with a twisty tie. A loose tie allows air to sneak in and dry out your bread. Leave the bag on your kitchen counter out of the sun (& never put bread in the fridge).

WARM IT! To reheat, wrap your bread in foil and place it in the oven for 15 minutes at 350° (8 to 10 minutes for rolls). You can also toast it but never put it in the microwave.

STORE IT! Never put any bread in the fridge! The sweetener crystallizes and dries out the bread. The best thing about Great Harvest bread is that, unlike other breads, it will stay fresh at least 7-10 days when properly stored - on your counter, not in the fridge!

FREEZE IT! Our bread freezes great. Double bagging helps to prevent freezer burn. It's best if you wait 24 hours after baking before you freeze bread. Be sure to thaw the bread in its bag.

SLICE IT! A round loaf bakes better, so it tastes better and stays fresher longer. It's easy to slice using our 'patented' method: to get the highest yield from each loaf take a good serrated knife, and gently 'saw' the bread in a herringbone pattern. Slice it thick or thin, depending upon your mood.



GIVE IT! Brighten someone's day with the hearty taste of Great Harvest breads. Bread makes a wonderful gift - one size fits all.

WHOLE GRAINS: THE POWER OF THREE!

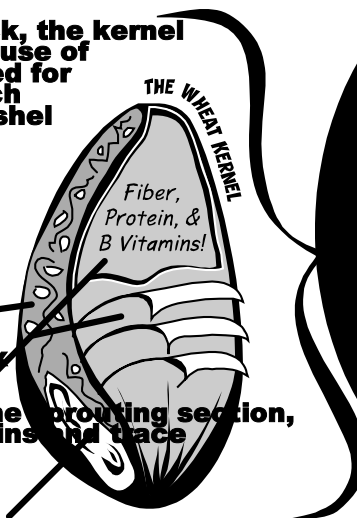
At Great Harvest Bread Co., we understand the magic of whole grains. That's why we're here. We have been the whole-grain headquarters for nearly 30 years. Whole grains are our niche, our specialty - they're what we do. We mill whole grains in our store every day, so they're always fresh.

Let's take a look at our basic building block, the kernel of wheat. This natural miracle is a storehouse of nutrients that people have needed and used for thousands of years - the "staff of life." Each kernel (it takes about a million to fill a bushel basket) has three parts:

1) The endosperm is the largest part with 83 percent of the kernel's mass. This is where starch is stored and where the largest amount of flour comes from. It contains carbs, protein, iron and B-complex vitamins.

2) The Bran is the fiber-rich outer layer that makes up about 14.5 percent of the kernel and contains protein and B-complex vitamins.

3) The Germ is the nutrient-rich embryo, the sprouting section, that packs abundant E & B-complex vitamins and trace minerals.



In baking **WHOLE-GRAIN BREADS**, Great Harvest uses the **ENTIRE KERNEL**. Defined by the USDA: "Whole Grain = Whole Grains as well as foods made from them and consist of the entire grain seed, usually called the kernel." By contrast, many commercial bread makers, producing highly refined white breads and other breads that pose as "whole wheat" or "multi grain," strip away the bran and germ to make soft, airy breads with a longer shelf life. They bleach the flour, and then add vitamins and minerals to replace the lost nutrients. But many nutrients aren't added, and the lost fiber can't be replaced.