

Treat yourself to traditional
IRISH SODA BREAD!

Great Harvest Bread Co.®

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www.greatharvestburke.com
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Just for St. Patty's day, we have created an Irish soda bread that will make you wish every month was March. We will be making it on Tuesdays and Fridays this month. All of our Irish goodies will be made on the 14th-17th.

BURKE: Mon—Sat 6am—7pm, Sun—7am-3pm LORTON: Mon—Sat 7 am—6pm, Sun—10am-3pm
(The first bread comes out of the oven around 9 am and gets to Lorton around 10am.)

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

MARCH BREADS 2017

DAILY	Honey Whole Wheat • Honey White • Cinnamon Chip Xtreme Cinnamon Chip • Apple Crunch White Cheddar Garlic • Dakota
MONDAY	Red White and Blue Swirl
TUESDAY	Popeye • Irish Soda Bread
WEDNESDAY	Dakota • Gouda and Stout
THURSDAY	Cinnamon Raisin Walnut • Challah Red White and Blue Swirl
FRIDAY	Irish Soda Bread • Irish Potato Bread • Challah Virginia Rolls
SATURDAY	Asiago Pesto • Gouda & Stout



•Lemon Oh's are back for spring! Come have a bite of our spirited lemon and sweet cream tango....

Luck 'O the Irish Green Bread and Cookies



Our Old Fashion White bread will be magically green for the holiday. We will also be making Irish Whiskey Bread, Blarney Scones, Snockerdoodles, Irish Baked Potato Bread, and Gouda and Stout Bread

BAKING ON MARCH 14-17

Take one bite, and you'll taste the difference! SWEET SPOT



- Made-to-order
- Made with meats & cheeses sliced in-house,
- Made on our fresh bread
- Made with special Great Harvest spreads!

Take one bite, and you'll taste the difference!

COOKIES

- Daily: Chocolate Chip /Oatmeal Raisin
 Salted Caramel and Chocolate
- Wed: Oatmeal Scotchies
- Thurs: Shamrock Snickerdoodles
- Fri: Snockerdoodles (Yup, Whiskey cookies)

SCONES

- Daily: Cinnamon Chip, Red/White/Blue
- Tues: Blarney
- Thurs: White Chocolate Raspberry
- Fri: Maple Oatmeal
- Sat: Blarney

MUFFINS

- Mon: Pumpkin & Pumpkin Chocolate Chip
- Thurs: Pumpkin & Pumpkin Chocolate Chip,
- Fri: Peach Raspberry
 Morning Glory
- Sat: Irish Whiskey Bread

DESSERT BREAD

- Mon: Pumpkin & Pumpkin Chocolate Chip
- Thurs: Pumpkin & Pumpkin Chocolate Chip
- Fri: Patty's Lucky Loaf Bread
- Sat: Irish Whiskey Bread

GREAT HARVEST BREAD CARE INSTRUCTIONS

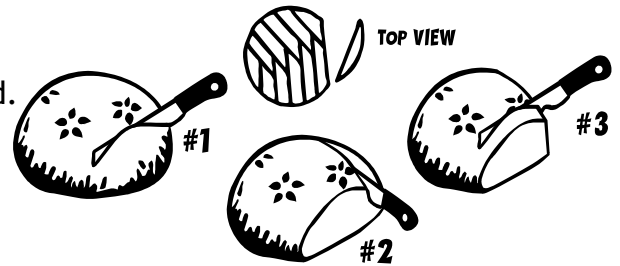
COOL IT & BAG IT! Hot bread must cool completely before you bag it, or it will become soggy. Be sure bread is cool to your wrist before placing it in the bag (usually within two hours after purchasing). Place the bread in the plastic bag and press out any extra air. Twist the top of the bag tightly and 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)

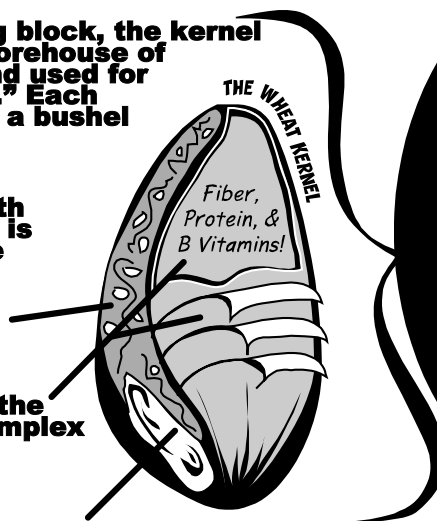
The endosperm is the largest part with 83 percent of the kernel's mass. This is where starch is stored and where the largest amount of flour comes from. It contains carbs, protein, iron and B-complex vitamins.

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.*