



The freshly milled whole grains in Great Harvest bread have up to 5 times the vitamins and minerals found in refined grains. We bake whole grain bread & sweets every day with freshly milled wheat (we know it's fresh because we mill it ourselves)!

*Eating right should always taste amazing!*  
**It's King Cake Season!**



*Baking on Fridays, Saturdays and daily from Feb 21st-25th*

Now's the time to bring it to your school or office. Learn more at [greatharvestburke.com](http://greatharvestburke.com)

**SPECIAL BAKE DAYS**

**SUPER BOWL — JAN 31-FEB 1:** Super Football, Jalapeno Cheddar Garlic and Gouda & Stout Bread

**VALENTINE'S DAY — 12TH-14TH:** Chocolate Brownie dessert bread, Chocolate Bliss Cookies, White Chocolate Cherry Swirl bread

**PRESIDENT'S DAY — 17TH:** Red, White, & Blue Swirl

**MARDI GRAS — King Cakes**  
 Thursdays in February and the 21st thru the 25th

**Breakfast & Lunch Served Right**



*Nutritious & Delicious: what more can we say?*

Stop by either store for a fresh Panini or signature sandwich. Choose from such favorites as Tuscan Chicken, Harvest Veggie, Southwestern Chipotle and much more.

It is cold out so ask to have your bread toasted!



# 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](http://www.greatharvestburke.com)  
[facebook.com/BurkeGreatHarvest](https://facebook.com/BurkeGreatHarvest)



Lorton Burke  
**Join Our E-mail List!**  
 Text GHBREAD to 42828

**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.)



## February Breads 2020

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

**DAILY BREADS**

*Honey Whole Wheat • Old Fashioned White • Dakota Honey Wheat Rolls • White Rolls • Cinnamon Chip Extreme Cinnamon Chip • Cheddar Garlic • Apple Crunch*

**TUESDAY** Challah

**WEDNESDAY** Gouda & Stout

**THURSDAY** *King Cakes through the 25th* • Challah  
 Cinnamon Raisin Walnut

**FRIDAY** Challah • White Chocolate Cherry Swirl  
 Apricot High Five Fiber

**SATURDAY** Asiago Pesto • Baker's Choice

*Valentine's Day*  
**TREATS ARE HERE!**



*Chocolate Brownie dessert loaves, Cookies, Scones, Brownie Mix, Cherry Almond Shortbread*

*Ship a Valentine's Gift!*



Learn more online and in-store.

**SWEET SPOT**

**COOKIES**

Daily: *Chocolate Chip* *Oatmeal Raisin*  
*Salted Caramel*  
 Fri: *Chocolate Bliss*

**SCONES**

Daily: *Cinnamon Chip, Red, White, & Blue*  
 Wed: *Chocolate Almond*  
 Thur: *White Chocolate Raspberry*  
 Fri: *Triple Chocolate Scone*  
 Sat: *Maple Oatmeal*

**MUFFINS**

Mon: *Pumpkin & Pumpkin Chocolate Chip*  
 Wed: & sat *Chocolate Brownie*  
 Thurs: *Pumpkin & Pumpkin Chocolate Chip*  
 Fri: *Coconut*  
*Peach Raspberry*  
*Morning Glory*

**DESSERT BREAD**

Mon: *Pumpkin & Pumpkin Chocolate Chip*  
 Wed: *Chocolate Brownie*  
 Thurs: *Pumpkin & Pumpkin Chocolate Chip*  
 Fri: *Coconut*  
 Sat: *Chocolate Brownie*

*...Plus Cinnamon Rolls, Rice Crispy Treats, & More!*

**See back for bread care instructions!**



# 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!

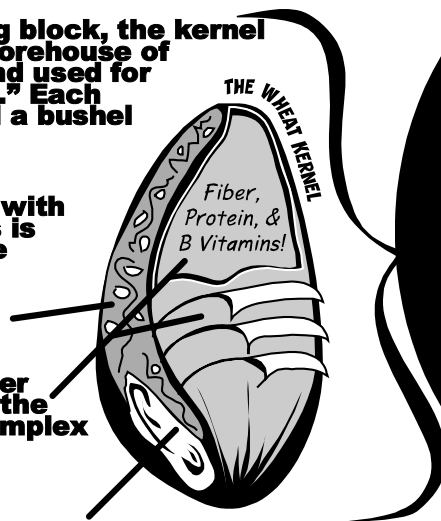
At Great Harvest Bread Co., we understand the magic of whole grains. That's why we're here. We have been the whole-grain headquarters for nearly 30 years. Whole grains are our niche, our specialty - they're what we do. We mill whole grains in our store every day, so they're always fresh.

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.