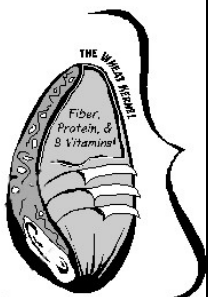


## It's Whole Grain Time!

Start your new year off with freshly ground whole wheat bread & sweets!

We bake whole grain bread & sweets every day!



**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?

## Granolas & Whole Grain Mixes



## 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



Lorton

Burke

Join Our E-mail List!  
Text GHBREAD to 42828

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

## January Breads 2020

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

**EVERY DAY  
(SUN- SAT)**

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

**WEDNESDAY** Woodstock

**THURSDAY** Challah • Cinnamon Raisin Walnut (Vegan)  
Whole Wheat Cinnamon Chip & Xtreme Cinnamon  
Chip

**FRIDAY** Challah • Apricot High 5 Fiber

**SATURDAY** Asiago Pesto



## 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>

## SWEET SPOT

### COOKIES

Daily: Chocolate Chip Oatmeal Raisin  
Wed: Chocolate Bliss  
Fri: Snickerdoodles

### SCONES

Daily: Cinnamon Chip; Red, White, & Blue  
Wed: Butterscotch  
Thurs: Chocolate Hazelnut  
Fri: Maple Oatmeal

### MUFFINS

Mon: Pumpkin & Pumpkin Chocolate Chip  
Wed: Snickerdoodle  
Thurs: Pumpkin & Pumpkin Chocolate Chip  
Fri: Coconut  
Peach Raspberry  
Morning Glory  
Sat: Brownie

### DESSERT BREAD

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

...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!

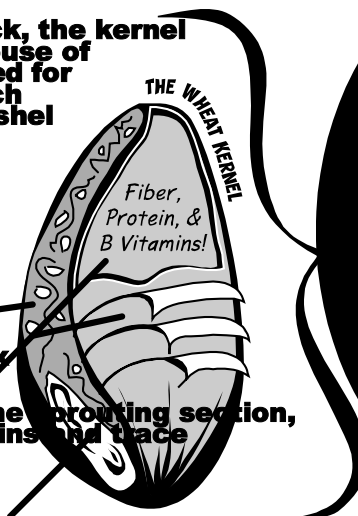
**At Great Harvest Bread Co., we understand the magic of whole grains. That's why we're here. We have been the whole-grain headquarters for nearly 30 years. Whole grains are our niche, our specialty – they're what we do. We mill whole grains in our store every day, so they're always fresh.**

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.*