

Our Daily Bread...

How Does It Get From the Farm to Your Plate?



"Judy! Bobby! Ali! David! Payton! Rebecca! Fernando! Amelia! Come on! It's time for the picnic!" Judy's mom hollered. The kids came racing in from all corners of the farm, while Judy's parents unpacked the picnic baskets.

Susan and Curtis, the owners of the farm started slicing three loaves of warm, whole wheat bread. "OK, we're ready," Curtis said. "Everybody can make their own sandwich."

"What's this?" asked Amelia. "An orange tomato," Payton explained. We grow all kinds of vegetables — every color, shape, and size you can think of. And we grew the lettuce, and my chickens laid the eggs for the deviled eggs. And we got the butter and milk from Green Grocers, but they come from the Buchmayer's dairy down the road. They bottle the milk from their cows, make butter, and then sell both to the store."

"Well, you didn't grow this!" Amelia laughed pointing at the bread. "Yeah, we did," Payton explained. My mom and dad grow the wheat and grind it into flour and use it to make the bread.



Amelia took a bite. Ali said, "My mom buys the flour your mom and dad make at the natural foods store in town." "This tastes just like the bread we buy at the bakery," Amelia mumbled through her sandwich, "mumm gud."

"Hey, don't talk with your mouth full, Amelia," Payton teased. Amelia swallowed. "Isn't that wheat?" she asked, pointing to a field beside them. "Sure is," Payton told her. "Well, how do you turn that plant into bread?" "It's easy," Payton said. Payton's mom rolled her eyes. "OK, it's easy, when mom and dad do all the work," Payton said with a grin.

First you harvest the wheat — that happens in July when the wheat is tall and turns golden yellow." Rebecca stepped in, "I know how that works. You use a combine to cut the wheat down. I saw you do it last year. The combine leaves the wheat stalk in the fields, and gathers up all the little wheat berries together."

"Right," Payton said. "Then we store the grain — the wheat berries— in those grain bins over by the house." "Yeah", said Amelia, "but how do you turn it into bread?"

"Mom grinds the wheat berries into flour with a little grain mill. The mill has two round stones set right next to each other. The mill grinds the wheat berries between the stones and that turns the wheat into flour. It's kind of like mashing the wheat berries between your teeth, only with a machine."

Payton's sister Analise said, "We sell the flour to the grocery store, and the bakery, and even to Share the Harvest restaurant. Folks buy the wheat flour, and mix it with eggs and yeast, water, and molasses and stuff and bake it and..." "Eat it!" said Amelia. "Mumm gud!"



Mumm Gud! ***Make Some At Home!***

No-Knead Whole Wheat Bread

7 1/2 cups whole wheat flour
2 tablespoons dry yeast
4 cups warm water
1 tablespoon honey
1/4 cup molasses

Place flour in a large bowl and place in a warm oven for about 20 minutes to warm flour and bowl. If it is a gas oven, the pilot light will give sufficient heat; if electric, set at lowest temperature.

In a small bowl, dissolve yeast in 1 cup warm water and then add honey. Let sit until it begins to foam (ie: proof yeast and honey mixture).

Mix molasses with 1 cup warm water.

Combine yeast mixture with molasses mixture and add to flour. Add enough warm water to make a sticky dough, about 2 cups.

Butter 2 large loaf pans, at least 9 x 5 inches, or 3 small loaf pans, and place entire mixture directly into pans. No kneading is necessary. Let rise in a warm place for 1 hour. Preheat oven to 400 degrees Fahrenheit.

Bake for 30 to 40 minutes, or until crust is brown. Remove pans from oven and let cool on wire racks for 10 minutes. Remove loaves from pans and let cool completely on wire racks before slicing.

Makes 2 large, or 3 small loaves.

*Recipe reprinted with permission from Rodale Press.
Originally published in Rodale's Basic Natural Foods
Cookbook, copyright 1984*

What You Can Do To Help Missouri Farmers Stay on the Land:

- Visit the closest Farmers Market.
- Visit family farms & find out how they care for the livestock and plants that become your food.
- Ask your supermarket to sell locally grown food.
- Eat "in-season" to enjoy the freshest local food.
- Tell farmers what sort of practices are important to you: organically raised produce, free range poultry, hormone free milk.
- Learn how to can, dehydrate, and freeze food to enjoy farm freshness year round.

Find Out More About Local Food Systems and Sustainable Agriculture Here:



Community Food Systems and Sustainable Agriculture Program

Call Mary Hendrickson at (573) 882-7463 to find out about educational programs for farmers, children, extension educators, and government agencies. Email: HendricksonM@missouri.edu Website: www.agebb.missouri.edu/sustain

Food Circles Networking Project

Call Mary Hendrickson at (573) 882-7463 for information on connecting farmers and consumers. Email: HendricksonM@missouri.edu Website: www.foodcircles.missouri.edu

Missouri Alternatives Center

Call Debi Kelly at 1-800-433-3704 or (573) 882-1905 for information on alternative farming methods. Email: KellyD@missouri.edu Website: www.agebb.missouri.edu/mac

Missouri Organic Association (MOA)

Encouraging organic farming for the good of the consumer, the farm family, and the planet! Call John Wilkerson at (636) 940-0521 Email: jrwstc@aol.com Website: www.missouriorganic.org

Missouri Department of Agriculture

Call Lane McConnell at (573) 526-4984 for information about farmers' markets, organics and agritourism. Email: Lane.McConnell@mda.mo.gov Website: <http://mofarmersmarket.blogspot.com/>

Small Farm Family Program

Call K.B. Paul at (573) 751-5371 to get in touch with a Lincoln University Educational Assistant who can offer you one-on-one assistance. Email: PaulK@lincolnu.edu Website: www.agebb.missouri.edu/sffp



Artwork prepared by Marachel E. Citarello, 8777 Audrain Road #343, Mexico MO 65265. Printing is supported through the Missouri Sustainable Agriculture Demonstration Award Program of the Missouri Department of Agriculture and the Sustainable Agriculture Extension Program (SAEP) of the University of Missouri and Lincoln University