

# NIGHTINGALE BREAD

## bread guide

### Standard Loaves

All organic grains, long sourdough fermentation, moist crumb and hearty crust. Nice all around table bread. Around two pounds.

#### Blonde - \$8 // Wednesday - Saturday

Closest thing we have to a “white” sourdough, though we sneak a fair bit of whole grain in. Sourdough tang is more to the foreground, but second to the aroma of fresh sweet wheat. Easy to love and very approachable.

#### Red - \$6 // Wednesday - Saturday

Fresh milled wheat from the San Luis Valley, the bulk of it lightly sifted, with a little whole rye and spelt. Complex, more robust grain flavors. A jack of all trades, mostly whole grain, an excellent go-to table bread.

#### Seeded Red - \$8 // Wednesday - Saturday

As above, but with organic sunflower, flax, sesame, pumpkin, millet, and poppy seeds.

#### Spelt - \$8 // Thursday and Saturday only

All fresh-milled whole spelt flour. Very tender and moist crumb, keeps well, delicious. Slice it a little thicker.

#### Sweet Potato Sandwich - \$8 // Thursday only

Mostly whole grain with tons of mashed sweet potato and a pinch of brown sugar. Superb sandwich or toasting loaf.

#### Daily Special - \$8 // Wednesday - Saturday

Rotates daily, generally based on the blonde loaf, with various seasonal inclusions.

### Yeasted Loaves

Long yeast-only fermentation, generally with white bread flour, intended for same-day eating.

#### Baguette - \$4 // Wednesday - Saturday

The iconic French loaf. Buy it lighter for easy sandwiches, or darker for its sturdy posture and brilliant shatter.

#### Rolls, Fougasse, Focaccia // Saturday only

Rolls include ciabatta, fruit and fennel, cheddar and chile, and occasional whims. Fougasse is a decorative bread with olives.

### Nordic Loaves

Sourdough fermentation, exclusively whole grain, baked in tins, keep very well. Dark and sustaining. A slice will take you a mile.

#### Rye - \$8 // Wednesday - Saturday

All fresh-milled whole rye flour. Fully developed sour, dark and dense, slice it thin and adorn with all things aged, cured, or fermented.

#### Backcountry - \$10 // Friday & Saturday

Fresh-milled whole rye and spelt flour. Packed with flax, sesame, sunflower, and pumpkin seeds, in addition to dried organic apricot, cranberry, raisin, date, toasted walnut, and Lockhart honey. Take it to the wilderness.

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### Availability

We do our best to keep the shelves well-stocked through the day, but it's not unusual to face a dwindling supply in the later hours. Best selection is earlier in the day.

### Color

We bake most of our loaves a little darker than you may be accustomed to: the flavors really are more interesting with a more robust bake, and the crust retains its charisma for a longer period. That said, we do try to bake for a variety of tastes. If you'd like a particularly light (or dark) loaf, no problem: just ask and we'll do our best to find one that suits you.

### Diet

We don't have gluten-free items. But we do make traditional European-style breads with organic grains milled in the shop, and long sourdough fermentations. Many people who have trouble with industrial bread have had very good luck with our loaves.

### Slicing

These breads keep best unsliced. Find a good knife (we sell them) and slice as you go. Baguettes are nice torn by hand.

### Storage

Most breads store best at room temperature hidden from drafts, but don't entomb them in plastic. A bread box is best by far, but simply storing a loaf cut-side down on the counter wrapped in a kitchen towel, or in one of those woven-plastic reusable grocery bags works surprisingly well. Such simple methods should keep a loaf in good spirits for a week. Try eating fresh for a few days and toasting or broiling as the bread ages. Ziploc freezer bags work well for freezing if you'd like, and slicing beforehand allows you to pull only as much as you need for the day.