

Media release

19th July 2011



Loaf thy neighbour

On Saturday 30th and Sunday 31st July Little Salkeld is taking up the Real Bread Campaign's call to rediscover the joys of the *real* thing in a celebration of **Local Loaves for Lammas**.

From 10.00am until 3.00pm on the Saturday 30th July and from 11.00am until 3pm on Sunday 31st July people are invited to join with the "ovenistas" from the Penrith Transition Town Food Group who will be demonstrating how to build a traditional outdoor cob oven, how to bake great pizzas and bread in the oven, with appropriate storytelling, entertainment, and more. On Saturday 30th July there is also a "Day in the Life of the Watermill" farm walk starting at 11.00am, including a chance to walk the mill race, see the weir and woodland, the mill animals (sheep, goats, hens, ducks) and to have a mill tour and bread making demonstration. This free event has been organised in association with the Farming Landscapes initiative, and booking is essential (ring 01768 881523).

Then on Mondays in August from Monday 8th August there will be ovenbuilding workshops at the mill - all you need to know to make your own outdoor cob oven using the simplest materials and methods so that you, family, friends, school, community or group can make your own delicious bread, pizzas, biscuits and cakes in the great outdoors. These cost £75 per person and need to be booked in advance – details on the mill website.

Nick Jones of Little Salkeld Watermill said 'Lammas is a great opportunity for everyone to remember how delicious bread can taste so why not come along to see how easy it is to bake delicious loaves using fantastic flour.' Taking its name from the Old English for loaf mass, this ancient harvest festival's traditional highlight is eating bread baked with autumn's first grain. Even where the first harvest's not in, Real Bread bakeries and traditional flour mills around the country will be holding events to share the delights of Real Bread.

Funded by the Big Lottery Fund's Local Food programme, the Real Bread Campaign champions locally-produced, artificial additive-free loaves, and finds ways to make bread better for us, better for our communities and better for the planet. Full details at: www.realbreadcampaign.org

Little Salkeld Watermill is a member of the Traditional Cornmillers Guild (TCMG) and one of the few fully operational traditional mills in the north milling organic and biodynamic stoneground flours by waterpower, making delicious bread, cakes, scones and pastry in the mill tearoom, and selling a great range of organic flours, groceries and more in the tearoom and millshop.

****ENDS****

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