



Wholegrain Baking in the USA  
Sarah Owens: Author, Educator, and  
Horticulturist





Wood-fired Ceramics 2000 -  
2007



New York and Brooklyn Botanic Gardens  
2007-2015





Transitioning 4,500 roses to organic care.







Gemini

EQUIPMENT CO.  
PHILADELPHIA, PA.  
151 873-3570

OB-1



**SVEBA  
DAHL**  
FRISTAD SWED

**GEM**  
PHILADELPHIA





Community Supported Bakery  
2011-2020















SIE

POLTAVA

ROUGE  
BORDE



Sourdough

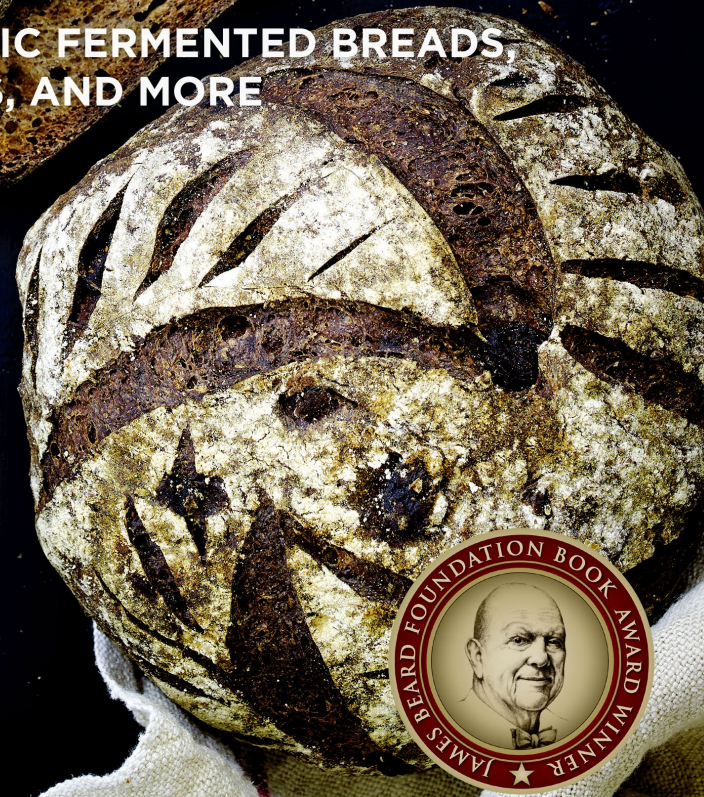
Baking with whole & sprouted grains, making  
the most of the seasonal harvest, and healing  
the body through naturally fermented food

# SOURDOUGH

RECIPES FOR RUSTIC FERMENTED BREADS,  
SWEETS, SAVORIES, AND MORE

Sarah Owens

PHOTOGRAPHS BY  
NGOC MINH NGO



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# TOAST & JAM

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MODERN RECIPES FOR RUSTIC BAKED  
GOODS AND SWEET & SAVORY SPREADS

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SARAH OWENS author of *Sourdough*





Time-Honored Techniques,  
Nourishing Traditions,  
and Modern Recipes

# HEIRLOOM

Sarah Owens

author of *Sourdough*

Photographs by Ngoc Minh Ngo













Wholegrain Fermented Cookies











Rye + Spelt Wholegrain



Whole Wheat + Spelt + Millet +  
Lentils: Using the full agricultural  
cycle



Gluten Free Sourdough:  
Buckwheat, Teff, Oats





Whole Spelt using the scalding technique.

# Washington State Bread Lab: Wholegrain Focus





Familiarity vs. new takes on old recipes.



Busting myths: wholegrains don't have to be heavy.



As the climate changes, we must embrace more biodiversity.



Increased biodiversity = greater cultural diversity.







