

# BREAD & SOUP (B&S) MAKING OPEN DAY

Our food begins with the earth.  
Colin Spencer

## Purpose

THE PURPOSE OF B&S is to create a working and learning environment within a household. Open to friends, old and new, B&S is to be run once a week from home with attendance to a level you can handle. Breaking bread is conducive to breaking the ice.

B&S models are Commonwork (crafts, baking and weaving workshops), Landshare (connecting growers to people with land to share) and the University of the Third Age (self-help, self-managed lifelong learning co-operatives ... providing opportunities for their members to share learning experiences). Offered by B&S is a convivial space.

## Plants and Animals

THINK OF THE plants and animals we eat every day. They exist and if so then they can only exist if they're born first, that food is born first. This is helpful for once born food then grows. The scene is set. What's mostly left out for us to do is some plucking here and some plucking there followed by harvesting at peak times. And all we do is to dance to the tune of life.

## Properties of Beetroots and Wheat (Source: internet)

BETROOT IS OF exceptional nutritional value; especially the greens, which are rich in calcium, iron and vitamins A and C. Beetroots are an excellent source of folic acid and a very good source of fibre, manganese and potassium. ... Whether you roast it whole, blend into a classic soup or drink as juice like the Olympians do - beetroot is low in fat, full of vitamins and minerals and packed with powerful antioxidants - a health-food titan.

THE KERNEL OF wheat is composed of the outer bran layer, the germ, and the endosperm. It is rich in nutrients, many of which are concentrated in the bran and germ. Of special importance is that it contains the entire B complex, except for vitamin B12. B vitamins function as cofactors in many metabolic reactions involved in the release of energy. (Birdsall, 1985)



Fancy that – a health-food titan!

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a food energy water education is better for us