

ATHENS BREAD COMPANY

ABOUT YOUR LOAF

Many of our breads are just three ingredients: flour, water, and salt. Some of our specialty breads have added ingredients, like seeds, nuts, fruit, eggs, milk, or olive oil. You can always ask at the counter for a full list of ingredients in a given loaf. Unlike storebought bread, which is packed with preservatives and sketchy additives, our bread is simple and traditionally made.

WHAT'S THE DEAL WITH SOURDOUGH?

Over half of our loaves at Athens Bread Co are sourdough loaves. When we say “sourdough”, we’re not referring to a sour taste—we’re referring to the process of making the bread. Instead of using storebought instant yeast, sourdoughs use the wild yeast that grows when you mix flour and water together. Some reasons we love sourdough (and you should too):

- ♥ Sourdough is much healthier than yeasted breads thanks to its long fermentation process, which breaks down gluten and makes the bread easier to digest (especially if you’re gluten-sensitive).
- ♥ Many places that sell “sourdough” are still adding instant yeast to the bread. Our sourdough is the real deal—wild yeast only—and we start making our sourdough 24 hours before it goes in the oven.
- ♥ We keep our sourdough mild, without much of that acidic tang people associate with sourdough.

BREAD STORAGE TIPS

Our bread generally lasts 4-5 days, depending on the loaf and how it’s stored. Bread storage involves some trial and error; start with our suggestions below, and see what works best for you.

Whole vs. sliced:

- ♥ Whole bread always lasts longer than sliced. Bread grows stale when it’s exposed to the air; when you slice a loaf all at once, you’re exposing every slice instead of just the outermost.

Paper vs. plastic:

- ♥ Your loaf will last longer in paper than in plastic. Plastic has the advantage of softening the bread’s crust—but it increases the risk of mold. A paper bag will keep your bread edible (toastable, crouton-able, French toast-able) even once it’s stale. If it goes moldy, the only thing it’s good for is compost!
- ♥ Beeswax wraps are better than both paper and plastic—they’re breathable (preventing mold), but still protect the bread from growing stale. Plus, they can be washed and reused for years.

Fridge vs. freezer:

- ♥ Don’t keep bread in the fridge! Bread stales fastest at temperatures between 32-50 degrees Fahrenheit.
- ♥ Our bread keeps wonderfully in the freezer. To thaw, you can just leave the loaf on the counter (NOT in a plastic bag—that’ll trap moisture!) or help it along in the oven, wrapped in foil.

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ALL ABOUT FLOUR

All our breads are made from organic flour, and the majority of our loaves have at least two or three types of flour in them. Mixing flour helps us improve keeping quality, max out flavor, and use the unique qualities of each flour to create the ideal loaf.

White flour:

- ♥ Low in nutrients, mild in flavor, but great at giving loaves structure.

Whole wheat flour:

- ♥ Healthier than white flour, and wheat loaves keep longer than white loaves.

Rye flour:

- ♥ Even more nutritious than wheat flour.
- ♥ Many people associate rye with caraway seeds (that sharp bittersweet taste), but rye has its own separate flavor—mild, earthy, and fresh.

Spelt flour:

- ♥ An ancient grain form of whole wheat. Extremely healthy, relatively low on gluten, and grows especially well here in Ohio!
- ♥ Has a nutty, slightly tangy flavor.

Durum flour:

- ♥ Especially high in gluten—it's a flour commonly used in pizza crust, pasta, and our popular Siciliano loaves.

Buckwheat flour:

- ♥ Fibrous, full of nutrients, and gluten-free.

WHAT HAPPENS TO UNSOLD BREAD?

We bake our bread fresh every morning. If it doesn't sell that day, we sell it the next day at half price. And if it still doesn't sell (poor little loaf!), we donate it to Athens Food Rescue, or turn it into bread crumbs and croutons for the shop.

LOCAL & REGIONAL PARTNERS

We're proud to use ingredients from local producers in many of our products. We shop regularly at the Farmer's Market, and we rely on milk, eggs, flour, and honey from regional farms including:

