

ORGANIC WEEK

September 9 - 15, 2019



At True Grain, we believe organically grown food fosters healthy soil, healthy waterways, & healthy communities. We passionately support organic farmers who farm without the use of harmful pesticides, true to the way nature intended. We're proud to bake with the following organic ingredients:

DAIRY

- Organic Butter
- Organic Cheddar Cheese
- Organic Cream Cheese
- Organic Milk
- Organic Cream

GRAIN/FLOUR

- Organic BC Grown Einkorn
- Organic BC Grown Emmer
- Organic BC Grown Khorasan
- Organic BC Grown Rye
- Organic BC Grown Spelt
- Organic BC Grown Red Fife
- Organic BC Grown White Flour

SEEDS

- Organic Flax Seeds
- Organic Poppy Seeds
- Organic Pumpkinseeds
- Organic Sesame Seeds
- Organic Sunflower Seeds

BAKING INGREDIENTS

- Organic Cane Sugar
- Organic Icing Sugar

FRUITS & VEGETABLES

- Organic Apples
- Organic Apricots
- Organic Cranberries
- Organic Currants
- Organic Dates
- Organic Figs
- Organic Raisins
- Organic Spinach

SEASONINGS & SPICES

- Organic Allspice
- Organic Basil
- Organic Black Peppercorn
- Organic Caraway Seeds
- Organic Cinnamon Powder
- Organic Cloves Powder
- Organic Ginger Powder
- Organic Italian Seasoning
- Organic Nutmeg
- Organic Oregano
- Organic Paprika
- Organic Rosemary
- Organic Thyme
- Organic Vanilla Bean

True Grain



**WE ONLY BAKE WITH
100% ORGANIC
BC-FARMED & BC-MILLED FLOUR.**



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