WHY CHOOSE SOURDOUGH?

REAL INGREDIENTS • REAL FERMENTATION

Real Good for You

Easy on Digestion
Natural fermentation breaks down complex starches for easier digestion.

Better Nutrition Absorption
Fermentation lowers phytic acid, boosting the absorption of key minerals like iron & zinc.

Gentle on Blood Sugar
Helps prevent blood sugar spikes.

Gut-Friendly Prebiotics
Prebiotic fibers remain for gut health.

Additive Free
No commercial yeasts, added sugars or preservatives.

Heartful Gardens

KEEPING YOUR SOURDOUGH FRESH

How to store, refresh, and enjoy every last bite.

Days 1-3

Keep loaf cut-side down on a wooden board, or in a paper/linen bag.

Long-Term

Slice, place parchment b/t slices and seal in an airtight bag

Skip the Fridge

Chilling forces starches to crystallize, accelerating staling

Bringing Day-Old Bread Back To Life

1. Spritz
2. Toast
3. Enjoy

Delicious Ways to Use Older Sourdough

Grilled Cheese ⋆ Soup Dipping ⋆ Healthy Breadcrumbs

Heartful Gardens

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