



SCOTLAND
THE **BREAD**
Home-grown bread for a healthy future

Bread For Good Community Benefit Society Annual Report 1 January - 31 December 2022



Photo: Soil to Slice wheat and rye sowing day at the [Increased Access to Psychological Support](#) project in Dumfries

BALCASKIE

Bread For Good Community Benefit Society, trading as Scotland The Bread

01333 730625

info@scotlandthebread.org

FB: @ScotlandTheBread

IG: @scotlandthebread

T: @scotlandbread

Unit 8, The Bowhouse

St Monan's

Anstruther

Fife

KY10 2FB

The Board

Kate Anstruther

Louisa Cocris

Paul Durrant

Sinéad Fortune

Col Gordon

Paul Hooper (Honorary Secretary)

Alison Ramcharran

Martin Sherring (Honorary Treasurer)

Andrew Whitley (Honorary Chairman)

scotlandthebread.org

A registered charity (SC048892)

A community benefit society (FCA registration # RS007315)

INTRODUCTION

Andrew Whitley, Honorary Chair and Co-founder of the Bread for Good Community Benefit Society (Scotland The Bread)

An organisation like ours is set up to fail. We are, after all, trying to change a whole food system. But while it's obviously impossible to fulfil all our charitable purposes, taking stock of this 'failure' every year can be creative. The late Martin Wolfe, who developed the wheat 'population' now known as 'YQ' (that Balcaskie Estate have grown for us), used to say, "there's no such thing as a failed experiment". He meant that, at a minimum, you'd have ruled out an unfruitful possibility if your original hypothesis proved 'wrong'. More importantly, you're bound to have learned something.

Looking back at Scotland The Bread's 2022, we certainly built on successes such as the BBC Food & Farming Award in late 2021 (for our Flour to the People project), but we also spent time learning from major funding setbacks that year. The wonderful response of our members and supporters to the winter crowdfunder (which ran into 2022) meant that coordinator Lyndsay Cochrane could continue and expand the Soil to Slice programme as well as help design [The People's Bread](#) project that gained approval from Rural Fife Development Fund only in January 2023.

Milling

One of our key purposes is to produce flour that, through our attention to its provenance, nutrient content and (minimal) processing, is a humble yet significant ingredient of a healthy and just food system. Our fine wholemeal flour, milled with low energy cyclone technology from diverse wheat and rye – grown on an estate whose organic farming system takes climate breakdown and nature loss seriously – containing above average amounts of key human-relevant minerals, is 'out there', ready to be of service to anyone who sees a connection between the bread they eat and the healthy flourishing of life on earth. We need to get it into more bodies.

In 2022 we made further improvements to the mill, notably by installing a 'polisher' that gently brushes the grain (before milling) to remove dust and unwanted particles without damaging the all-important outer bran (fibre) layer.

After the turbulence of the pandemic period, our flour sales settled back in 2022, though we still managed to make a small surplus on our operations. We would like to sell more, not because this surplus will ever entirely fund our charitable ambitions, but because economic viability is a prerequisite for inspiring others to build local community grain networks all over the country, as we all take our daily bread into our own hands.



The Fife Fermenter

Slow fermentation results in healthy outcomes, as we know from much recent food and nutrition research. So the progress of our big plan for a Grain Lab and people's bread centre might be described, to paraphrase an advertisement for another fermentation product, as 'reassuringly gradual'.

In September we invited officials from Fife Council's Economic Development department to visit the old farm buildings at Stenton (just across the fields from Bowhouse where the Scotland The Bread mill is) where architects are working on a transformational design. We were able to share the vision of this 'pilot project for a just transition' in November with Cabinet Secretary for Rural Affairs & the Islands Mairi Gougeon who voiced her enthusiastic support.

Realising the full plan will require £millions and we decided to devote 2023 to building the evidence of community need and desire for such a major spend. As with a sourdough loaf in a winter kitchen, you know it will rise eventually but you have to keep reminding yourself that quite a bit is going on inside despite the apparent lack of 'proof'.



Festival time

Although they came to fruition only in early 2023, we put a lot of work into two initiatives in the latter part of 2022 – the Scottish Bread Championship (relocated to Bowhouse) and the first-ever Scottish Real Bread Festival. The detail of these considerable successes will follow in next year's Annual Report.

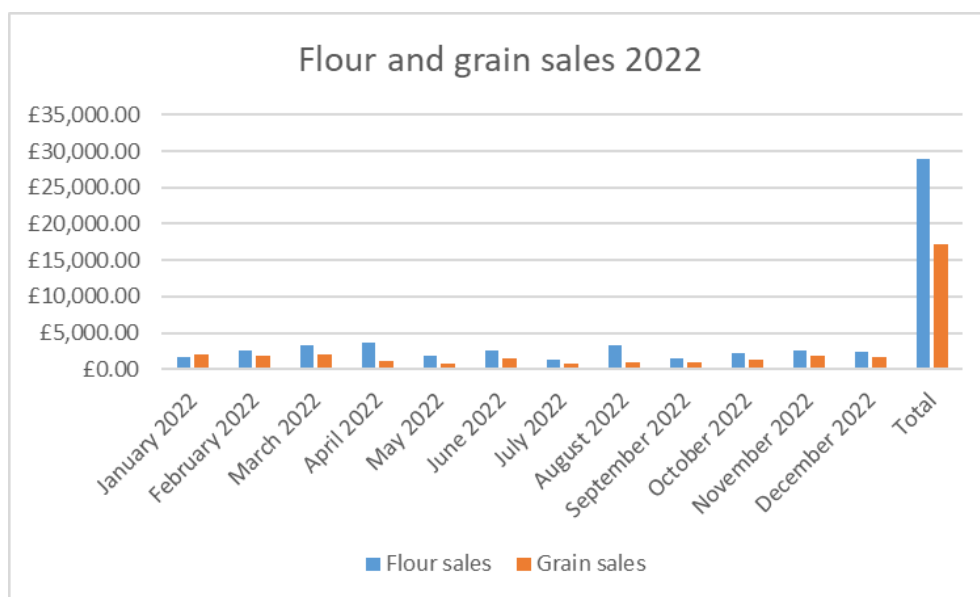
Meanwhile, I hope that you enjoy reading more about how the Society responded to the challenging conditions of 2022. As always, my thanks go to all our members, trustees and four part-time members of staff for their dedication and support.

TREASURER'S REPORT

Martin Sherring

Headlines:

Flour and grain sales were down from £72,051 in 2021 to £46,020, a figure more in line with 2020's sales of £43,480. The main explanation is a drop of £21,841 in grain sales although flour sales were also down by £4,190. The drop in grain sales can be explained by E5 Bakery in London moving to a more local supplier, a decision entirely in line with Scotland the Bread's ethos. Flour sales also fell slightly in 2022; we believe this reflects a return to normality after the covid-led increased interest in home-baking in 2021.



In 2022 we achieved a surplus of £7,794 compared with a surplus of £3,273 in 2021.

Received £2,300 in share capital compared with £8,750 in 2021.

Most of the income from the November 2021 crowdfunder campaign was received during 2022, accounting for the increase in donations received from £380 in 2021 to £25,454 in 2022. This helped fund the Soil to Slice and Flour to the People projects.

The Funding and Finance Subgroup continues to focus on developing applications to fund the Fife Fermenter project and other initiatives, and to establish ways to increase the organisation's resilience.

The outlook for 2023 is quite challenging. Sales values to date are similar to 2022, but costs have increased.

New Members

We were pleased to welcome 36 new Shareholders / Society Members to the Bread For Good Community Benefit Society in 2022, bringing the total at 31 December 2022 to 384.

Anyone can [become a member](#) at any time by buying shares for the option to be actively involved with Bread For Good, and existing members are able to purchase additional shares to support our work.

FLOUR AND GRAIN SOLD

Flour sold (kg)

	2021	2022	2023
January	1,770	1198	693.5
February	1,295	1875	2540.5
March	1,597	2279	1950.5
April	2,738	2770	1979
May	1,621	1316	1809
June	1,909	1929	
July	2,179	871	
August	2,054	1616	
September	1,887	1387.5	
October	2,144	1591	
November	1,986	1523	
December	1,710	1572	
Totals	22,890	19,927	8,973

Grain sold (kg)

	2021	2022	2023
January	1,477	3135	1283
February	881	3211	1224
March	1,621	2762	1825
April	1,912	1758	1161
May	5,734	868	1925
June	5,970	2584	
July	3,505	1110	
August	13,658	1213	
September	3,964	1302	
October	2,144	1161	
November	1,235	2361	
December	8,729	2140	
Totals	50,830	23,605	7,418

COMMUNITY ACTION

Lyndsay Cochrane, Project Coordinator

The People's Bread

The People's Bread is a tangible product of our belief that everyone should have access to nutritious bread, as of right.

Funded by Rural Life Development Fund and carried out between January and March 2023, this project saw us develop a template for creating delicious healthy bread, guaranteed to benefit both people and planet and made available and accessible to all. Rather than prescribing a specific recipe, our guidelines were designed to provide bakers with the flexibility and inspiration to create their own nutritious breads based on their community's tastes, culture and needs.

We partnered with baker Ivy Kong to hold a 'Train the Trainer' workshop for local food organisations. This event aimed to share The People's Bread concept with community leaders, chefs and bakers, along with breadmaking skills and the confidence to share these with community members.

As well as plenty of hands-on baking, this event involved time for discussion of how to bring The People's Bread into regular activities, barriers to access and ways of overcoming these.

Participants had lots of exciting plans which we hope to support in-person as well as through materials - including a [toolkit and infographic posters](#) - designed as part of the project.

It became clear during this workshop and from feedback that the opportunity to network with other local food organisations was as beneficial as the hands-on learning, with neighbouring projects planning to work together and share resources.



A group of people, mostly wearing red aprons, are gathered around a long wooden table, engaged in a bread-making activity. They are using large, clear plastic bowls to mix dough. On the table, there is a bag of "Scotland The Bread" Fine Wholemeal Flour, which features a yellow and brown design. Several white cloths are folded on the table, and a small blue object is visible. The setting appears to be an indoor space with a wooden floor, possibly a community center or a kitchen.

"I would love to establish breadmaking workshops in the local communities for individuals and families. I am also keen to explore the idea of community bread clubs. I want to include info on the bread system in all of the above."

"I absolutely loved the workshop. It was fantastic to be part of a group who are all so enthusiastic about bringing bread-making skills back to the community. I cut my square loaf this morning and it was delicious, a really lovely way to start the day. My 3-year-old loved it too. the wholemeal flour has such a nutty yet light flavour!"

We are keen to provide more of these workshops so that more communities can create and enjoy their own People's Bread.



Soil to Slice

The 2022 harvest season once again saw our small-scale equipment travel around the country to help community grain-growers process their crops. At the St Andrews Botanic Garden for example, visitors got involved in threshing and milling the rye and wheat sown at our spring gathering, with the chance to take away some of this locally-grown flour and some sourdough made from it. Other groups shared their harvests and learning in different ways, such as a grain-tasting at Leith Community Growers Climate Festival and a flatbread-making lesson at Canal View Primary School.



Canal View Primary children hand-threshing

Others joined us in November when Wild Hearth Bakery in Comrie hosted a threshing day for our Soil to Slice network. Before working together to process grains grown across the country, we were treated to a bakery tour and delicious lunch by founder John Castley.

There are 23 groups growing grains this season, including 7 that joined in autumn 2022 and 6 in spring 2023. Two groups are considering ways of upscaling their production to create a viable local supply and we are supporting this with advice from our own experience where possible. I believe that we can take all of this as an encouraging sign that there is an appetite out there for alternative locally-led systems and I look forward to continuing to work alongside these communities to support their ambitions.



Sowing day at Lauriston Farm

SCOTTISH BREAD CHAMPIONSHIP

The Scottish Bread Championship is the UK's only competition exclusively celebrating Real Bread. It is run by Wendy Barrie of the Scottish Food Guide, who co-founded the annual event in 2018 with our chair and awards convenor Andrew Whitley. The 2022 competition was judged on the 18th June, with results released during the Royal Highland Show the following weekend, and this year saw the Supreme Champion award going jointly to Company Bakery's Seeded Sourdough and Wild Hearth Bakery's *Panettone Classico*.

The awards are a showcase for the world-class quality of bread-making and ingredients available in Scotland. Talented bakers from across the country submitted breads as diverse as Khorasan Ancient Grain & Organic Poppy Seed sourdough, Fig & Beremeal loaf, and Fife Pupil Support Service Glenrothes' Sweet & Sour Loaf made from Scottish grown and milled grain.



The judging panel, left to right:

Wendy Barrie, owner of the Scottish Food Guide (SBC co-founder and organiser)

Marie-Amélie Viatte, Connected by Nature

Prof. Lindsay Jaacks, Edinburgh University

Tony Heath, former chef proprietor of Let's Eat, Perth

Andrew Whitley, Scotland The Bread Honorary Chair (SBC co-founder and convenor)

Ameena Nur, Jeju's Bakehouse

Chris Young of the Real Bread Campaign

Elizabeth Drummond-Young, Treasurer of Edinburgh Bakers Trust & keen baker

Maria Scholten, agriculturalist with an interest in rye & sourdoughs

Jock Sharp, Woodlea Stables & double past Champion

Photo credit: Wendy Barrie, [Scottish Food Guide](#)

SOLIDARITY BAGS



Photo: [Kinning Park Community Kitchen](#)

Scotland The Bread coordinates the free supply to community bakeries and food programmes of 'Solidarity Bags' of nutrient-dense, organic wholemeal wheat flour.

Since we started the scheme at the beginning of 2021, 1,684kg of tasty, nutrient-dense organic wholemeal Solidarity Flour have reached community food hubs and bakeries thanks to you, our community.

The bags are paid for by our customers and delivered by us to community bakeries working to ensure equitable access to nutritious bread and flour.

We have lots of solidarity stories illustrating what this looks like in practice: find some of them [on our blog](#)

[here](#) and more on our [Facebook page](#) and in our [newsletters](#).

We devised the Solidarity Bag concept in response to the critical shortage of flour during the first Covid-19 lockdown, but the problem of affordable flour that supports both personal and environmental health is not one that dates back to March 2020. Affordability is an oft-cited barrier to swapping sliced white for slowly fermented sourdough, but we reject the idea that people on low incomes must be resigned to eating industrially produced 'bread' devoid of nutritional value.

The cost of living crisis is deepening. And our Solidarity Flour fund is now in deficit. We need your help to put it back in the black so that we can go on introducing people to a better way of baking at little or no initial cost. It's not philanthropy or virtue signalling – just a community coming together to help each other in times of need.

Next time you order Scotland The Bread flour – or even if you don't – please think about chipping in a bag (or the cash) to support this small piece of 'companionship' (which is how we like to think of food system change). [You can do that here.](#)

Scotland The Bread will then organise and pay for delivery of the flour, which is then distributed among community members by the bakeries either as flour or bread.

If you are part of a community bakery, organisation or project that could benefit from a free delivery of flour [please fill in our online request form.](#)

Thanks to all our members for your continued support.

2022 AT THE MILL

Clement Boucherit, Miller-Manager (Connie Hunter is on maternity leave)

In 2022 we milled and sold 19.9 tonnes of flour and 23.6 tonnes of grain. Most of our grain and flour sales are to wholesale customers like bakeries (Company Bakery, two.eight.seven, Wild Hearth, The Wee Boulangerie, Baern Cafe, Strathpeffer Artisan Bread) and wholesalers (Greencity, Highland Wholefoods). We also supply some smaller retailers, i.e. shops that are selling our smaller bags to their local clients. We would like to grow this particular section of our client base as we feel it would be quite effective for bringing more of our flour to the general public.

Next time you are at your local shop, why not ask them if they would be interested in stocking Scotland The Bread flour?

Otherwise, the online sales to the general public were similar to those of 2021 (apart from the peaks of flour ordered during lockdown!) and customers have been able to purchase flour or grain but also a wide range of baking equipment. It has been difficult to get the online shop restocked with certain items (difficulties sometimes caused by Brexit) and we have had in certain cases to increase the resale price.

In July 2022 we finalised the last version of our flour and grain price list. We now have a clear (we hope!) document explaining how our discount system works and what are the delivery charges, and we can share it with potentials clients.



And finally, in the past year, we have finished installing the auger system at the mill and it has been working well, saving us some heavy lifting! Now all the grain is delivered to us by Balcaskie in big blue bins containing around 1 tonne of grain and stored in the unit next door to the mill's unit. We then transfer the grain into another big blue bin, using the auger, and clean it: the grain is fed into a polisher to remove any dust and impurities. When we want to mill, we take the clean grain from a bin and transfer it to the mill's unit, via the auger, into one of our two mills. Then we just have to start the mill and come back the following morning to bag the flour!

Clement giving a mill tour during the Scottish Real Bread Festival

GET INVOLVED

Is it Time to Renew Your Subscription?

Shareholder-members of the Bread For Good Community Benefit Society (which trades as Scotland The Bread) automatically receive one year's free subscription, normally £30, with their share purchase. Subscriptions entitle supporters to a 15% discount on flour and grain from our online shop or at occasional markets, as well as exclusive newsletters, invitations and access to events. If yours has expired, **renew on our website** [here](#) to continue receiving both your supporter benefits and our grateful appreciation!

Membership

[Become a member](#) by buying shares with the option to be actively involved with Bread For Good.

Supporters

[Become a supporter](#) to be the first to know about events, and products as soon as they are available.

Soil to Slice

Set up a citizen science grain-growing group with [Soil to Slice](#).

The People's Bread

[Explore our new toolkit](#) to develop your own People's Bread recipe—[email us](#) the result to share.

Volunteer

Local to Fife? [Let us know](#) if you can help on our Bowhouse Food & Drink Market stall, or with maintaining our grain test plots.

Keep in Touch

Sign up to receive our bi-monthly [newsletter](#).

[Instagram](#) / [Facebook](#) / [Twitter](#)

[Donations](#) to support our work are welcome and help us to do more. Thank you for your contribution.

MEDIA OF THE YEAR

A selection of the year's coverage. Head to the [media page](#) of our website for the full list, and [our blog](#) for more stories and recipes from ourselves and contributors.

[FEBRUARY – THE EATER](#)

Long read covering the history of milling, with a present day assessment and ideal future roadmap, plus a run-down of the essential differences between white and wholemeal flour, and a visit to the STB mill and chat to our Miller-Manager Connie Hunter.

[MARCH - PRESS & JOURNAL](#)

Scotland The Bread is cited as an alternative to imported grain, against a backdrop of increasing concern about shortages linked to soaring energy prices and the war in Ukraine.

[APRIL – THE HERALD](#)

Vicky Allan highlights the importance of maintaining commitments to sustainable farming in the face of a growing food crisis.

[APRIL - ONE-ARMED CHEF](#)

STB and some of our neighbours featured on Munchies' One-Armed Chef travel & food show, focused on our favourite topic: 'Scotland's Food Revolution'.

SEPTEMBER

Andrew Whitley was among the speakers at the inaugural Falkland Harvest Festival, highlighted in [The Courier](#) and [Fife Today](#).

[JULY](#)

Andrew Whitley introduces STB in a blog and video for the University of Glasgow Arts Catalyst, whose primary focus is: 'to take steps towards addressing challenges identified as significant in the sectors relating to 'Food: Sustainability, Health, Heritage and Tourism'.

AUGUST

Andrew Whitley (also Real Bread Campaign co-founder) is quoted in coverage in [British Baker](#) and [New Food Magazine](#) of the campaign to include the Honest Crust Act proposals in DEFRA's review of bread regulations and labelling laws.

[AUGUST](#)

Andrew Whitley joined Amit Paul on his podcast, to talk about sourdough and what that can teach us as a society.

[SEPTEMBER](#)

Thanks to Jackie Kemp for her introduction to STB in this evocative blog post covering the Falkland Harvest Festival.

