



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

Bread for Good  
Community Benefit Society  
*acting as*  
**Scotland The Bread**

# Annual Report 2024



## About the organisation

### Bread for Good Community Benefit Society

acting as Scotland The Bread

Unit 8, The Bowhouse | St Monans | Anstruther | Fife KY10 2DB

info@scotlandthebread.org | www.scotlandthebread.org

FB: @ScotlandTheBread IG: @scotlandthebread

### The Board of Directors (as at 31.12.24)

Kate Anstruther

Louisa Cocris

Paul Durrant

Dr. Clare Fennell

Kate Full

Paul Hooper (Honorary Secretary)

Alison Ramcharran

Martin Sherring (Honorary Treasurer)

Andrew Whitley (Honorary Chair)

Malcom Williams

A registered charity (SC048892)

A community benefit society (FCA registration RS007315)



## from the Chair

2024 wasn't an easy year – for anybody, other than (perhaps) the super-rich. Scotland The Bread was no exception. We're a small charity working for the common good. For us, it all starts with bread because

...the gap between all things is closed  
in our attention to the bread of the day.  
I know that 'man cannot live on bread alone'.  
I say, let us get the bread right.\*

Our aim is to popularise '**a bread that meets the needs of the times**', Those 'needs' include our own personal health, of course. But they include the health of soils, the grains, the fermentation and market distribution systems that have been pressed into the service of private profit at the expense, very often, of life.

We are small, but we aspire to be a **community of practice** that closes gaps – between people, between us and the living systems with which we are entangled, and between soil and slice. But we are up against it. The seemingly immovable boulders around which our 'fungal networks' are slowly reaching out, with their twin purposes of nourishment and communication, include

- the extra cost of 'getting things right', i.e. certified organic production with no poisons polluting wildlife and waters or added to flour and bread
- the difficulty of operating at a 'small' scale that prioritises (but isn't financially rewarded for) relationships of trust and meaningful work
- distracting noise from greenwashers and financial gamblers of various stripes

Still, it's encouraging what three part-time staff, a committed group of trustees and a handful of volunteers can do, even when the funding dries up – as this report shows. My thanks go to all involved, not forgetting those who attend to the bread of the day by buying our flour and sharing a crust.

There's a feeling out there that 'we can't go on as we are'. That applies to Scotland The Bread (or we'll run out of money). More hopefully, it may also apply more widely to our society and its food system. We are pioneering a bread 'economy' that meets the needs of our troubled times. Come join us!

Andrew Whitley  
*co-founder and honorary chair*

\*David Scott, Selected Poems, 1998



© Arran Pioneer

## Treasurer's Report

- Income from charitable activities was at a similar level to 2023 at £80,696 (2023: £81,826)
- In both years, around 64% of charitable income was generated from flour and grain sales. In 2024 this amounted to £51,405, slightly behind the 2023 figure of £52,262
- Flour sales continue to grow, and accounted for £44,962 of the 2024 figure, (2023: £38,667), whilst grain sales fell to £6,443 (2023: £13,595)
- Baking equipment sales and income from courses make up the remaining income from charitable activities. Baking equipment sales generated £23,701 (2023: £26,873) and courses £5,590 (2023: £2,691)
- Income from donations, grants and legacies fell to £22,739 (2023: £45,180), mainly due to fewer available grants. Grant income reduced to £2,750 (2023: £20,818). In 2023 this included £19,358 from Rural Fife Development fund in respect of the People's Bread project, which is also reflected in higher expenditure levels for 2023 (see hereafter). The reduction in grants was in part offset by an increase in donations £17,679 (2023: £11,572).
- A further £2,200 of share capital was subscribed by members in the year. Membership continues to be an important aspect of the organisation, both in terms of income and ongoing support for our work and ethos.
- Expenditure on charitable activities totalled £114,734, being £15,294 lower than 2023 expenditure. The main area of reduction is due to £19,358 of costs relating to the People's Bread project being included in the 2023 account, which was fully covered by grant income, as noted above. Various other costs rose in the year, due to inflationary increases and the cost of installing improved grain cleaning equipment.
- The net surplus on restricted funds reduced to £2,550 (2023: £3,950) and relates to project costs which will be incurred in the coming year.
- The 2024 annual accounts show an overall net deficit of £4,991, compared to a small surplus of £29 in 2023.
- Our volunteers and Trustees give up many hours of their time to carry out essential work promoting and administering the charity, time which is not reflected in the accounts. Their contribution is highly valued and very much appreciated.
- Income from charitable activities for the first four months of 2025 are showing encouraging growth; however additional funding is needed in order to continue to expand our reach and deliver on our charitable goals. The Board is working on a business plan to refine our strategy and present to potential funders.

**Kate Full** (Kate took over as Honorary Treasurer from Martin Sherring in April 2025)

## Community Action

Lyndsay Cochrane – Project Coordinator

### Soil to Slice

The Soil to Slice network is still going strong with 15 communities actively growing grains in 2024. A number of these groups have now been cultivating their local grain crop for several years running.

At the beginning of March, we visited the longest-running of these projects at Granton Community Garden in Edinburgh. Members of the network heard how volunteers progressed from growing Scotland The Bread's *Rouge d'Ecosse* wheat on street corners to setting up a pay-as-you-can community bakery, with plans to scale up even further in collaboration with nearby Lauriston Farm. While enjoying a sample of the bakery's delicious loaves, the groups shared experiences and aspirations for their own local projects and the different ways that they are sharing bread with those around them.

Last autumn, pupils at Limekilns Primary School chose to sow grains in the community garden shared with the local Nature Action Group. As part of a related lesson on the bread system led by Lyndsay, the p7 class had the chance to hand-thresh some grain, used their muscle power to mill it into flour then mixed up some wholemeal flatbreads. These were enjoyed together in the classroom, with many pupils saying they would definitely make them again at home. As one of the volunteers noted: *"It got across the message to the pupils that what grows in the garden is not just there to be looked at on a warm summer day, but can have a legacy into the year."*

On the isle of Arran, the dream of baker George Grassie ([Blackwater Bakehouse](#)) to make a local loaf led to Pioneer Project Arran participating in Soil to Slice and sowing grains at various plots around the island. A local community member created [this short video](#), showing off the ripening grain on a beautiful summer's day.

The range of events at harvest time was, as ever, an inspiring demonstration of the knowledge and skills being shared and developed by volunteers and community members:



## ...Community Action

- St Andrews Botanic Garden celebrated their second successful harvest by providing visitors the opportunity to thresh, winnow and mill their *Rouge d'Ecosse* wheat. Project lead Marijke praised the loaf she made to share with volunteers as ***"the most amazing bread I have ever tasted in my life!!"***
- Hospitalfield House in Arbroath started growing wheat and rye as part of a year-long artistic programme focusing on grains. In mid-August, they organised a lively festival to celebrate the culmination of this work including a film by artists from Ukraine discussing the importance of heritage grains in their country; bread being baked in a hand-built clay oven; and a discussion about grain systems held around a table where participants broke bread together.
- Over 200 people volunteered to help bring in the harvest at **Lauriston Farm** in north Edinburgh. Although many hands make light work and the experience is clearly joyful and enriching for everyone involved, the team there are wrestling with the challenge of being "too big but too small" as they eloquently explain in [this blog post](#).

This issue – one which we at Scotland The Bread understand only too well - has led to collaboration on an ongoing piece of work led by [Seed Sovereignty](#), examining the availability of and potential for sharing small- to medium-scale grain machinery. We hope that this will enable more groups such as those in the Soil to Slice network to develop a local grain and bread supply.

### Flour to the People / The People's Bread

Small pots of funding (Tesco Community Grants and Heids & Herts) have allowed us to run '**Flour to the People**' workshops with various communities throughout the year. These have all made use of the resources and materials created for [The People's Bread](#) project.

We continued our partnership with **Leith Community Growers**, holding a second breadmaking workshop for their members and supporters. While their focaccia was rising attendees learnt more about the process of transforming grains into bread, mixed up their own sourdough starters and reflected on the success of the grain plot they had maintained just off Leith Walk.



## ...Community Action



In partnership with **BaRI** (Blairgowrie and Rattray Initiative), we organised two 'bread sessions' to share information about the current grain system and how people in their area could get involved in the movement for a better alternative. A (very popular) tasting activity helped to introduce different types of grains followed by the chance to 'mill-your-own' while learning more about the production of wholemeal flour. Everyone went away with some of our Balcaskie Landrace flour, a demonstration video with accompanying recipes, and the encouragement to come up with their own 'People's Bread'. Two weeks later we met again and participants shared their experiences and experiments, from using a bread machine to trying out different shaping techniques. One of the participants, a jewellery-maker, was so inspired that he created this [line of wheat jewellery](#) based on a head of our Rouge d'Ecosse wheat!



Just a few miles from our mill, we took our very local flour along for 'pizza week' – part of a series of cooking classes run by Colinsburgh Community Trust. Using [Pete's 'Soordough pizza'](#) recipe we worked alongside chef and workshop leader Dave McCormack to show how easy it is to introduce great flavour and some extra nutrition to a family favourite. When a power cut hit the village halfway through the session we were especially thankful for Dave's wood-fired pizza oven keeping the show on the road...and even ended up feeding some extra guests who had come out onto the street to see what was happening!

Our flour also featured in events held by Abundant Borders, which teaches people how to grow food in a sustainable way and how to cook healthy affordable meals from what is growing locally. In Eyemouth, the weekly cooking club got stuck into the basics of breadmaking using Scotland The Bread flour in a simple pizza dough. Many attendees said they enjoyed the introduction to a more flavourful flour that this session offered and were inspired to keep baking at home. The next day, members of their Lowood Walled Garden team learnt the story, and had a taste, of our grains. With a strong interest in cultivating landrace crops, the group signed up to our [Soil to Slice](#) project and are excited to observe how the Balcaskie Landrace wheat adapts to their environment.

## ...Community Action

Although it has proved difficult to secure dedicated funding which would support continuous running of these projects, we are still able and keen to offer workshops, talks and demonstrations to community groups in order to achieve our vision of a better bread system being accessible for all. We have developed a self-determined pricing system for these which we hope is fair, taking into account the funding available to the group and the ability of participants to contribute to the cost. Anyone interested in hosting such events can find more information [here](#) or contact Project Coordinator [Lyndsay Cochrane](#).

### Bread for Good public workshops

We continued to develop our offer of public workshops at the Courtyard Classroom in Bowhouse, which all quickly sold out. Former board member and baker at Bruntlands Bread Clare Fennell led three 'Introduction to Sourdough' classes, leading attendees through the process of creating and caring for a starter as well as all stages of making several versatile doughs using Scotland The Bread's wholemeal flour. We partnered again with Dave from the Colinsburgh Community Trust to run a pizza-making workshop, topping a dough made using our flour with seasonal vegetables from neighbours East Neuk Market Garden.

There are several dates available for [more such workshops](#) in 2025, including a new offer of 'Baking with Rye' following frequent requests from customers and market visitors.





## Scottish Festival of Real Bread

Our second ever Scottish Festival of Real Bread welcomed around 1,000 visitors to Bowhouse in February 2024 on a stunning blue-skied day. Building on the momentum and community spirit of its inaugural year, the festival once again brought together bakers, farmers, artists, campaigners, and the general public to celebrate Real Bread, its many stories, and its potential as a vehicle for positive change

The festival programme was rich and varied. Hands-on workshops showed visitors how to make parathas and rye breads, and we linked into the theme for Real Bread Week with demos on how to get the most out of your bread machine. Our children's sourdough flatbreads workshop sold out again, demonstrating that an appreciation of Real Bread spans all age brackets. Children also enthusiastically took part in 'The Big Thrash', where they threshed and milled wheat by hand, connecting directly with the raw ingredients of their daily bread.

A highlight of the weekend was a rare live performance of Arise: Songs and Stories for the Bread Revolution, which rousingly weaves together music and storytelling to tell of wheat's journey through history with humans, from wild grass to commodity grain. It tells of refinement, adulteration and the hope of redemption in the hands of ordinary folk claiming their right to healthy food. Another standout event was the Scottish Bread Championship award ceremony, honouring the skill and dedication of Real Bread bakers across the country (more on this below).

Festival goers were treated to guided tours of Scotland The Bread's unique Zentofan mill, an opportunity to see the low-temperature, high-extraction milling process in action. Workshops on cyanotype printing proved as popular as ever, showing how creativity and craft can intersect with food systems.

## ...Community Action

The Scottish film premiere of **Six Inches of Soil** was followed by a lively and inspiring post-show discussion on local grain economies, with participants reflecting on the shift from commodity to community. Another discussion event focussed on 'The People's Bread', exploring its potential role within the visionary new Public Diners infrastructure proposed by Nourish Scotland. This was an energising and forward-thinking session that underscored the festival's theme of food justice and shared nourishment.

*"I found it all totally energising and uplifting"*

One attendee summed up the spirit of the festival perfectly: "Totally inspirational, a rich melding of baking, farming, art and science with social justice and food politics woven through for good measure. From bread baked with flour made from rose hips to children learning to bake bread at school to ambitious plans from @nourishscotland to create a whole new set of community facilities called Public Diners where nourishment for all is the philosophy, I found it all totally energising and uplifting."

The festival continues to embody its founding principles: celebrating Real Bread, learning and passing on skills, building community, and advocating for a fairer, healthier food system. It is a space where culture, connection and change come together around the simplest of foods.

There are so many people to thank for making the day such a success, starting with our stalwart team of volunteers; Bea Vyas and STB trustee Alison Ramcharran who gave demos; Bosse Dahlgren for the heritage grains stall; Milli Abrams who spent the day sharing her bread machine recipes and advice; Project Coordinator Lyndsay Cochrane who did so much behind the scenes; the panel who spoke at the lively Public Diners presentation and debate; Bowhouse for their ongoing support and Event Manager Catherine Devereux of Charlie Delta Events who went far above and beyond to ensure the smooth running of the day. Thank you too to Chris Young, Real Bread Campaign co-ordinator, who both presented the Scottish Bread Championship awards and took [an album of fantastic photos](#) which give a flavour of the day.



## The Scottish Bread Championship

co-founded by Scotland The Bread and Scottish Food Guide



Entries for the UK's only competition exclusively celebrating **Real Bread** jumped substantially again to just shy of 200, coming from all across Scotland. Organised tirelessly by Wendy Barrie of Scottish Food Guide, judging took place on the Friday before the Scottish Festival of Real Bread, with the award ceremony a highlight of the Festival day.

The Championship, sponsored by [The Edinburgh Bakers Trust](#), [Scottish Food Guide](#) and Scotland The Bread, brings together Real Bread makers from across the nation. Unique to this Championship, entrants could deliver their loaves (judged behind closed doors) then head for a cuppa and networking with fellow entrants before enjoying free time in Fife: visiting friends,

walking in nature, exploring the region's culture...or perhaps even indulging in wild swimming, a popular pastime along Fife's shoreline!

There were pre-arranged loaf drop-off options but many bakers car-shared and spent the weekend in Fife. Friday supper offered further opportunities to meet over good food and bread conversations; a precursor to the Scottish Festival of Real Bread extravaganza and awards ceremony the following day, also at Bowhouse.

With eight classes ranging from Classic Sourdoughs to imaginative entries reflecting our diverse food cultures, flamboyant patisserie and The People's Bread, promoting an everyday nutritious, tasty and achievable family loaf, there was something for everyone and a plethora of fabulous flavours for the judges to appraise. Suffice to say they had an intense day.

Congratulations to the 2024's Supreme Champion [Station House Bakery](#), who won with their Spelt Sourdough, and to the Reserve Champion [Wild Hearth Bakery](#) with their Tortano (Potato Crown).

### The 2024 judging panel

**Ameena Mur**, of Jeju Baked Goods, Glasgow

**Chris Young**, Real Bread Campaign Co-ordinator

**Donald Wilson**, Deacon of the Incorporation of Baxters & Trustee of Edinburgh Bakers Trust

**Prof. Jennie Macdiarmid**, Rowett Institute

**Jock Sharp**, baker & past double winner of the Championship

**Johnny Aitken**, Lodge on Loch Lomond Hotel

**Morven Hastie**, former restaurateur and cookery presenter

**Prof Lindsay Jaacks**, University of Edinburgh

**Prof Wendy Russell**, Rowett Institute

**Rachel Barclay**, cook, fermenter

**Tony Heath**, home baker & former chef proprietor Let's Eat, Perth

**Walter Mowat**, Slow Food Scotland

## Solidarity Bags

Scotland The Bread coordinates the free supply to community bakeries and food programmes of 'Solidarity Bags' of nutrient-dense organic wholemeal wheat flour. The bags are paid for by our customers and delivered by us to community bakeries and organisations working to ensure equitable access to nutritious bread and flour.

In 2024, 95kg flour were supplied under the scheme to six different community groups:

Strathpeffer Artisan Bread

Transition Town Torres

South Machars Community Centre Bread Club

Arran High School

Loaf (Peat Bog Baker)

Kyle of Lochalsh Church of Scotland

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.

**Our solidarity flour fund is 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 organise and pay for delivery of the flour, which is then distributed among community members by the bakeries either as flour, bread, or as part of community baking or food workshops. 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.



Strathpeffer Artisan Bread at a Real Bread Week event  
at Strathpeffer Community Shop


## 2024 at the Mill

We said goodbye to our Miller-Manager, **Clément Boucherit** (who stepped up when our first M-M **Connie Hunter** had baby Joni in 2023), when he returned to his native Brittany in October 2024.

Finding someone new (not easy) gave us an opportunity to clarify who does what and to recognise the fact that it is **Liz Donald** who really runs the mills (we have two Zentrofan units, one for wheat and one for rye). Liz joined us as a flour packer to help with the pandemic demand and learned the ropes so quietly and effectively that we hardly noticed that she was doing it all.

So Liz is now our Co-Miller (Production) and Clément's replacement, Ludovica Perosin, is Co-Miller (Sales).

Ludovica, an artist and printmaker by training, describes what drew her to Scotland The Bread and our mills. >>



Liz Donald – Co-Miller (Production)

## Ludovica Perosin

Co-Miller (Sales)

I started working at STB in March 2025, taking over from Connie and trying to fill Clément's large shoes. Liz is responsible for most of the production, and although I take some part in it too, I am mainly responsible for Sales.

I learnt about sourdough and bubbly gooey jars in the fridge about five years ago, from my partner. I never took an active part in the process as I respected 'skills boundaries'.

When we parted, I purposely hid (and therefore stole), his scraper and proofing basket as I knew they had a better future with me, somehow, even if I had never baked once. There was something about that wood-pulp ridged basket... so, my single, guilty, sourdough adventure began.

It started and never stopped! And one day, noticing the branding on the scraper (Scotland The Bread), I thought I'd check their Instagram. They were advertising for a part-time Co-Miller position.

Learning about sourdough and the fermenting magic got me deeply interested in flour production, the value of eating organic wholemeal stoneground flour and gut to brain connection, and ideally feeding my body food that doesn't contain glyphosate (most of the time).

In a 2024 study, UK Government found that 48% of the 494 Great Britain samples contained pesticide residues. At Scotland The Bread we produce some of the best organic and nutrient-dense wholemeal flour I ever tried, and I aim to increase the distribution of it through our online presence, markets across Scotland and reaching more organic shops in the UK. Our Balcaskie Landrace and Evo Rye grains are stored in metal bins, and they are conveyed with an auger system into our Zentrofan mill. This cyclone mill processes our whole grains into cool, ultra-fine wholemeal flour, while preserving their higher-than-ordinary nutrient levels.

Thank you to Liz and Connie for showing me with great patience the ecosystem of the mill with its tricks and rules. I look forward to getting forklift-certified and improve the bread landscape of Scotland.



Ludovica Perosin – Co-Miller (Sales)

# 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 regular 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 toolkit](#) to develop your own People's Bread recipe – [email us](#) the results 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](#)

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

# Scotland The Bread in the media

A selection of 2024 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.

## October 2024

[Positive News](#) cites STB as one example of a business that has benefitted from Pitch Up!, a farming collective that links landowners with organisations that have big ideas but need the space to make them happen. Thank you Balcaskie Estate!

This [short video by Scotland's Farm Advisory Service](#) is a fantastic overview of STB, and the inspiring work being done at [Lauriston Farm](#), [Granton Community Gardeners](#) and [Granton Garden Bakery](#).

## September 2024

STB Chair Andrew Whitley rounds off a [BBC Food Programme](#) episode on The Sourdough Library.

[Positive News](#) introduces Scotland The Bread, our [Flour to the People](#) and [Solidarity Bag](#) projects and ambitions to build [The Fife Fermenter](#).

We are interviewed alongside Bowhouse traders and producers, and Balcaskie estate manager Sam Parsons, for this [Great Taste Awards](#) podcast discussing the social, environmental and economic benefits of buying from independent producers.

## July 2024

[The Northern Times](#) covers the launch of Loaf bakery's 'pay-what-you-can/feel' People's Bread in collaboration with Paul and Flora at West End Stores, Portskerra and STB.

## March 2024

STB's Andrew Whitley is quoted in this astute article in [The Guardian](#) that ticks off all the reasons for the gulf (of price and quality) between a 45p loaf of 'bread' and a £5 sourdough, and starts looking at what we can do to bridge that gap.