All about B.C.

Bread

There are **over 250 bakeries** in B.C. Different types of bread include: baguettes, sourdough, sandwich loaf, ciabatta, rye, focaccia, whole wheat, and more!

One acre of wheat, about **half a soccer field**, can produce enough wheat flour for more than **2,100 loaves of bread.**

Grains are primarily **harvested in the fall** season, but bread is made year-round since flour has a long storage shelf life.

Bread contains many **vitamins**, **minerals**, and **fibre**, especially **whole grain** varieties.

90% of grain crops in B.C. are grown in the **Peace River region** due to fertile soils and long summer growing days.

"We focus on the handmade craft of producing something wholesome.

One thing kids should know about bread? **A lot of love goes into it**."

-Nicole, Bread Maker, Prince Rupert, B.C.

Bread Maker Nicole works at a Gitxaala Nation bakery. Gitxaała is a member of the Ts'msyen Nation, and they speak the **Sm'algyax language**.

In Sm'algyax bread is called **anaay**, and fried bread is called **eets'm anaay**.

The community of Prince Rupert rests upon the homelands and unceded territory of the Ts'msyen Nation and the business we've highlighted is an initiative of the Gitxaała Nation.

British Columbia

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