

Breaking Bread - Bread Fayre

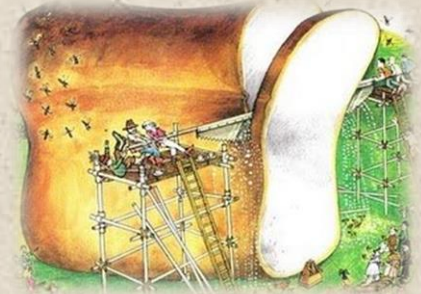
Brighton's Open Market ~ FREE Public Workshop Programme
Saturday 25th April 11am - 4pm

We are proud to announce programme highlights for our Bread Fayre event featuring free...

Activities

'The Giant Jam Sandwich' storytelling at the Food Shed

The wonderful Jo Oerton will whet our appetites with readings of classic illustrated story by Brightonian artist John Vernon Lord. No booking required but limited capacity. Suitable for all. **Times** - 12.30, 1.30 and 3pm
Location - The Food Shed shop (opposite Bread Fayre site)



Stalls



The wonderful Lewes Bread Club will be selling their delicious 'Real' bread so come on down to buy a loaf or three! Also visit *Selcher* who will be selling their German bakery wares.



Baking Heritage

A growing collection of memories, photos and recipes from across Sussex, celebrating local baking traditions.

The charity Freedom from Torture's baking resources and recipes will also be available here to view. Come and contribute to our work in progress!

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Contemporary Connections presents 'Sounding Food and Music'

You are cordially invited to take a place at this musical dining table.....*Sounding Food and Music* explores the connections between food, diet, gender and music/sound. Contribute your own story of food and music. Suitable for all ages throughout the event.



Workshops

'Extraordinary Dough Shaping' with Anna's Kitchen



Suitable for beginners and enthusiasts. Adult only (16yrs+)
11.00 - 12.15pm

Location: Bread Fayre site in the centre of the Open Market

'Daily Bread' with Alex Moran

Suitable for beginners and enthusiasts. Adults only (16yrs+).

1.00pm - 2.00pm A Delicious Daily Brown

2.30pm - 3.30pm The easy 10 minute Ciabatta

Location: Bread Fayre site in centre of Open Market



Kids pizza making with The Dough Brothers



Suitable for 5+. Children must be accompanied by an adult at all times. Slices or full size pizzas also available to buy.

No need to reserve - just come down anytime between **11.00am - 12.30pm** **Location:** London Rd entrance to the Open Market

Vege Rolls with The Baking Society

Family workshop making tasty and healthy vege rolls with Open Market's resident baking shop. Children must be accompanied by an adult at all times. Suitable for 5+ 2.30pm - 3.00pm

Location: Baking Society opposite the Bread Fayre site in the Open Market

Free Bread Making Workshops

We still have places on our free workshops at the event...for details check our website and get signed up!

Plus we are proud to be partnering with Autism Sussex, Euro-Mernet, The Food Shed and Jiva Healthcare as part of our outreach programme aimed at helping improve diet and nutrition.



Get in touch!

To find out more about this event and others in the *Breaking Bread* project, please contact Natasha Padbury, Project Coordinator via email: breakingbreadinfo@gmail.com

To find out more about the arts and heritage organisation Strike a Light please contact email: strikealight@rocketmail.com
web: <http://strikealight.org/projects/breaking-bread/>



To keep up to date with Strike a Light's free activities, please subscribe to our website: strikealight.org

SATURDAY 25TH APRIL 11AM-4PM - THE OPEN MARKET, BRIGHTON



A FREE event promoting real bread & home baking

The loaf is at the heart of our lives. It provides our sustenance. Since time immemorial it has formed the heart of our communities.

This event is for everyone and will feature drop-in bread making workshops, a local heritage exhibition, talks, and baking stalls. We invite you to come and join in and encounter baking in a fresh, creative way

Are you a London Road/North Laine local trader, bread initiative, or lover of proper bread & it's heritage? We invite you to contribute to this event:

- Promote you group/organisation with a free stall
- Deliver a demo, workshop or talk to inspire the public to make delicious, affordable, wholesome bread at home
- Sell your produce
- Contribute recipes, memories or heritage items such as photos to add to our exhibition
- Organise for your local group to have a **FREE** workshop at our event
- Take part in a **FREE** bread making workshop as an individual

Find out more

For more information about this FREE event, or to get involved, please e-mail Breaking Bread: breakingbreadinfo@gmail.com



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Strike a Light

www.strikealight.org/projects/breaking-bread