

save the dates

Thursday, June 5

ART WALK IN DOWNTOWN



Wednesday, June 18

NATIONAL PICNIC DAY



Make it a Meal!
A jumbo cookie for \$1
with sandwich purchase.
Free chips.
Use promocode
GHPICNICMEAL

Saturday, June 21

OUR 7th BIRTHDAY



Father's Day 8-inch Tie Cookie Kit

Make your own edible tie for Dad with a do-it-yourself kit complete with a giant tie sugar cookie, two colors of frosting, and sprinkles. Must pre-order by Wednesday, June 11 for pick up Thursday, June 12 thru Saturday, June 14.

only
\$7



JUNE 2025

Great Harvest Bakery and Café
502 Burnett Avenue, Ames, Iowa 50010
ames.greatharvestbread.com
515-598-2624

Tuesday-Saturday 7 am to 2 pm

It's picnic season!

National Picnic Day is **June 18**.

We're celebrating with a picnic meal deal:
regular price sandwich with
free chips and \$1 jumbo cookie.

*Head outside
and enjoy a Great Harvest picnic!*

Must use or mention promocode
GHPICNICMEAL.

Valid Wednesday, June 18 only.





WHOLE GRAINS ARE AT THE HEART OF OUR BAKING

At Great Harvest Bakery and Café, we value the nutritional content of whole grains. That is why we make breads and sweets with fresh 100% whole wheat flour. We start by sourcing non-GMO wheat from the arid high plains of Montana, an area known as the Golden Triangle and recognized as the best wheat source on earth. As wheat connoisseurs, we like to say that the Golden Triangle is to wheat what Napa Valley is to wine.

When this premium wheat arrives at our bakery, it is in the same form as when it was harvested (kernels). Our bakers then stone grind these kernels to produce fresh whole wheat flour in our own on-site mill. We use our 100% whole wheat flour within 72 hours of milling to mitigate nutrient loss. Our flour is so fresh that our bread lasts up to 14 days without the use of preservatives. Plus, fresh milled flour produces phenomenal-tasting baked goods!

Grains come from plants that grow in fields. In their harvested form, grains are kernels.¹ The USDA divides grains into two groups: whole grains and refined grains.

Whole grains are comprised of the entire grain kernel: bran, endosperm, and germ. Refined grains are stripped of the germ and the bran, removing fiber, vitamins, minerals, and antioxidants. Subsequently, some manufacturers "enrich" the stripped grain with new vitamins and minerals, but the fiber remains lost.

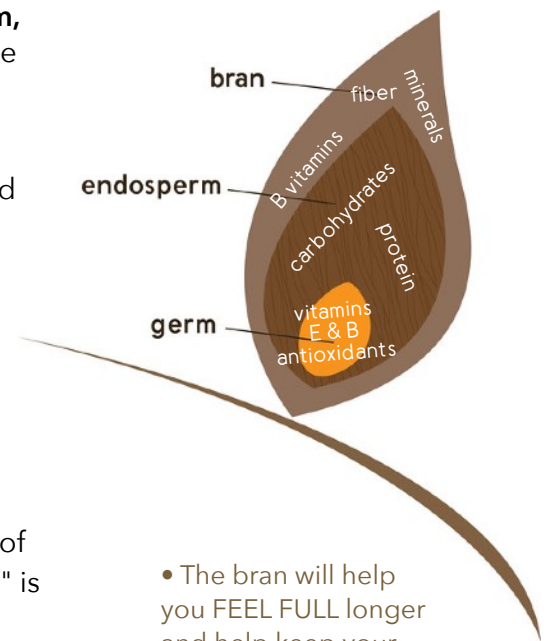
For maximum health, eat whole grains. According to the USDA, at least half of the grains you eat should be whole grains.

One slice of whole grain bread is roughly the equivalent of one ounce of whole grains. When you eat a sandwich made with two slices of whole grain bread, you are eating approximately 2 ounces of whole grains. Swapping out "refined bread" for "whole grain bread" is an easy and delicious way to add more whole grains to your diet!

At Great Harvest, we make a variety of whole grain breads in their purest, real food form—with fresh ground whole wheat² and without preservatives, chemicals, or loaf conditioners. Plus, we only sweeten our bread doughs with honey...and sometimes fruit. You and your loved ones can enjoy Great Harvest bread with peace of mind.

¹ Grain kernels may be flattened (like oats), ground into powder (like whole wheat flour), or cooked in water until they are soft (like brown rice).

² We mill non-GMO wheat kernels in our on-site mill so the whole wheat flour we use is utterly fresh. This extra step is worth the time because wheat flour starts to lose its nutritional value within 24 hours of milling. If you would like to use our fresh milled flour in your home baking, ask us for a bag.



- The bran will help you FEEL FULL longer and help keep your DIGESTIVE system working properly.
- The endosperm will give you ENERGY to move and to play. It will also provide you protein to help you build strong MUSCLES.
- The germ will help keep the CELLS in your body healthy.