

# Donna Marie's Gluten Free Bakery

*"It's Gluten Free Not Taste Free"*

## What's Cooking?

September 2010

Issue #13

### Fall Is In The Air - Cinnamon Raisin & Honey Multi-Grain Breads Available

Finally, our hot weather pattern has broken and we're starting to get a taste of Fall. I can only speak for myself, but I love Autumn in Western NY. Of course the leaves all change color, but there's a freshness to the air as well. Enjoy the crisp Fall season and all that it brings.

#### New Breads Have Arrived!

Last month we let you know about new breads that were soon to be available. Now they are!!

[Honey Multi-Grain](#) and [Cinnamon Raisin Bread](#)

Honey Multi-Grain is a great sandwich bread that both kids and adults will love. It has a great taste and texture and will stay fresh longer even though it's preservative free. Cinnamon Raisin is a wonderful bread for breakfast or anytime you're looking for a little bit of that classic cinnamon and raisin flavor combination! And just to make things even better, both breads have more whole grains (buckwheat, etc.) for better nutrition. Both breads are full of great taste and are a great value as well. Pick up a loaf of Honey Grain Sandwich Bread for \$4.98 or Cinnamon Raisin Bread for \$5.15. We hope you enjoy the new breads and thanks for shopping at our bakery!

### Support Group Picnic! A Taste of Lori's. Our New Products at Lori's.

#### Rochester Celiac Support Group Picnic:

A Gluten Free Picnic will be held Tuesday, September 21st, at 6:00 PM, at St. Anne's Church, 1600 Mount Hope Ave. There will be lots to eat and we will bring some of our desserts to add to the fun. Check out the [Rochester Celiac Support Groups](#) website for details. Have fun!



#### A Taste of Lori's

[Lori's Natural Foods](#) will be putting on their annual "Taste Of Lori's" event, Sunday, September 26th, from 6 - 8 PM. Donna Marie's, along with many other Lori's suppliers will be there with samples to try. We will have our newest breads and other products to sample. Come out and take the opportunity to see what's available to the community. We hope to see you there!

#### New Products at Lori's

Lori's will soon be carrying our new Honey Multi-Grain and Cinnamon Raisin breads along with Blueberry muffins. Please check out the new offerings!! Also, look for lower prices on our products in the store too!

### Back To School

It's back to school for our kids! Send them off with some bakery treats to make their lunchtimes more enjoyable. We have cookies and muffins that they'll love.



Also, our new breads make great sandwiches that kids say taste great. Please stop by and let us help make preparing lunch easier for you and tastier for the kids.

### Celiac Support Group Meeting

Due to the picnic, we will not be selling at the September [Rochester Celiac Support Group](#) meeting. We will be providing some desserts for the picnic so enjoy the festivities and we'll see everyone at next month's meeting. [www.DonnaMariesBakery.com](http://www.DonnaMariesBakery.com)

### Partner Focus

Red Bird Market in Fairport is a great east-side location and a Bakery partner. In addition to carrying a variety of our products, they also carry fresh produce, housewares gifts, and more. Check out the store located in Fairport Village Landing or see their website at [www.RedbirdMarketMarket.com](http://www.RedbirdMarketMarket.com)



### Ingredient Corner

This month, our focus is on **Guar Gum!** No, you can't chew it and it's not an artificial ingredient either. It comes from the beans of the Guar plant, and is also called Guarani. It's made by grinding the seeds of the guar bean into an off-white powder which can be used as a natural thickening agent in foods (similar to cornstarch). The Guar plant is 2 to 9 feet tall and is a hardy plant that grows well in sandy soil. Pakistan and Northern India are the main countries that grow Guar, but the US, China, India and Australia also grow a small percentage. And of course, it's gluten free and that's why we use it in some of our baked goods. For more detailed information, you may want to check out the following: <http://guargum.biz/guargum.html>

