

# Kansas Wheat Commission 2011 Recipe Book



Featuring Recipes from the  
National Festival of Breads

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Jane Fry, Kansas

# Table of Contents

Quick Raisin Granola Breakfast Rolls.....	4
Tart Cherry Schiacciata.....	6
Apple Cider Cranberry Bread.....	8
Triple Tangerine Twirling Treats.....	10
Jalapeno Cheddar Wheat Hamburger Buns.....	12
Fruit-of-the-Vine & Rosemary Olive Oil Snack Bread with Pine Nuts.....	14
Sweet Wheat Bread.....	16
Charred Lime Ginger Sweet Rolls.....	18

A special thanks to Dillons for partnering with Kansas wheat producers to sponsor this recipe book.



Dillons is proud to be part of Kansas for 90 years!

**Kansas Wheat Commission (KWC) Test Kitchen Note:** Stir flour to fluff before measuring and spoon into dry-cup measure until overflowing. Level off with a straight edge to properly measure flour.

# Quick Raisin Granola Breakfast Rolls

## Gale Collier, Redmond, Oregon

1 cup Raisin Bran cereal  
1 cup granola\*  
1 1/2 cups water, room temperature (80°F)  
2 tablespoons unsalted butter, room temperature  
2 tablespoons brown sugar  
1 tablespoon honey  
1 tablespoon ground cinnamon  
2 tablespoons nonfat dry milk powder  
1/2 cup buttermilk, room temperature  
1 teaspoon salt  
2 1/2 cups King Arthur Unbleached Bread Flour  
1 1/3 cups King Arthur White Whole Wheat Flour  
1/2 cup California raisins  
2 1/4 teaspoons Fleischmann's® Active Dry Yeast  
\*Quaker Natural Granola with Oats, Honey & Raisins

Topping:  
1 cup granola  
1 egg white, beaten



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1. Place Raisin Bran cereal and granola in large plastic bag. Finely crush using a rolling pin.
2. Have ingredients at room temperature. Add ingredients to the bread machine's pan as suggested by the manufacturer. Program on DOUGH cycle (about 1 1/2 hours). Check the dough's consistency after 5 minutes. If it is too dry, add 1/2 to 1 tablespoon water; if dough is too wet, add 1 tablespoon flour at a time to form a soft dough.
3. For topping, place 1 cup granola in plastic bag; using rolling pin finely crush. Place egg white in small bowl and beat with fork.
4. When cycle is complete, remove dough and divide into 18 equal pieces; shape into rolls.
5. Dip each roll in egg white and granola, lightly pressing granola onto dough.
6. Place rolls onto greased, 13 x 18-inch sheet pan. Cover, let rise until double.
7. Bake in preheated 350°F oven 17 to 20 minutes or until golden brown. Remove rolls from pan and cool on wire rack.

Makes 18 rolls. One roll provides approximately 194 calories; 6 g protein; 38 g carbohydrate; 3 g dietary fiber; 3 g fat (1 g saturated); 4 mg cholesterol; 50 mcg folate; 2 mg iron and 195 mg sodium.

To prepare dough without bread machine:

In electric mixer bowl, dissolve yeast in warm (100° to 110°F) water. Let stand 10 minutes. Add crushed cereal, granola and raisins. Add dry milk, buttermilk, brown sugar, honey, whole wheat flour, 2 cups bread flour, cinnamon, butter and salt. Mix 2 minutes on medium speed. Gradually add remaining 1/2 cup bread flour to make slightly sticky dough. Knead dough by hand or with dough hook 8 to 10 minutes or until smooth and elastic. Place in lightly greased bowl, turning to coat top. Cover; let rise in warm place until doubled in bulk. Punch down dough. Continue to Step 3.

"I love my bread machine to make dough. This is a classic example as I was making some granola breakfast rolls and I noticed my almost empty box of Raisin Bran cereal on the counter. I added it in the recipe and this recipe has become a favorite of my children and husband."



# Tart Cherry Schiacciata

## Mary Kay Allen, Troy, Ohio

3 1/2 cups unsweetened frozen tart cherries, thawed	3/4 cup sugar for almond sugar
2 teaspoons brandy	4 ounces almond paste
1 cup warm water (100°-110°F)	2 teaspoons vanilla extract, divided
1 (1/4 ounce) package Fleischmann's® Active Dry Yeast	1 teaspoon almond extract, divided
1/3 cup granulated sugar for sponge	1/3 cup brandy
2 large eggs, room temperature, beaten	1/2 teaspoon salt
4-4 1/4 cups King Arthur Unbleached All-Purpose flour, divided	2/3 cup butter, softened, divided
	4 tablespoons sliced almonds, divided

1. Cut cherries into halves. Marinate cherries in 2 teaspoons brandy.
2. In mixer bowl, add water, yeast, and 1/3 cup sugar; let stand 10 minutes. Add eggs and 2 cups flour; beat 2 minutes on low speed. Scrape down sides of bowl. Cover; let rise 30 – 45 minutes, until bubbly.
3. In food processor bowl with knife blade, add 3/4 cup sugar, almond paste, 1 teaspoon vanilla extract, and 1/2 teaspoon almond extract. Pulse the mixture until the almond paste is cut finely into the sugar. Cover and refrigerate until ready to use.
4. To prepare dough, blend into flour mixture 1/3 cup brandy, 1 teaspoon vanilla and 1/2 teaspoon almond extract. Gradually add the remaining 2 cups flour and salt until thoroughly blended.
5. Add the butter, cut into small pieces. Once the butter is incorporated, switch to the kneading hook. Knead on medium low speed 5 minutes. If needed gradually add enough of the remaining 1/4 cup flour to make a moderately soft dough.
6. Place in greased bowl. Lightly spray surface of dough with nonstick cooking spray, cover and let rise in warm place until double, about 1 1/2 to 2 hours.
7. Drain cherries thoroughly. Grease two 17 x 11-inch sheet pans.
8. Turn dough onto a lightly floured surface, but do not punch down. Divide dough into four equal pieces. Stretch one-fourth into a 10 x 7-inch rectangle. Move to pan, forming a rectangle. Sprinkle with 1/4 almond sugar mixture and 1/4 drained cherries.
9. Repeat the shaping of one-fourth dough. Cut 6 half-inch slits to release steam. Lay on top of first layer and pinch edges. Top evenly with one-fourth cherries. Repeat with remaining dough for second loaf. Cover; let rise until puffy, 1 to 1 1/2 hours.
10. Preheat oven to 400°F. Stir the sliced almonds into the remaining almond sugar. Sprinkle half over top of each bread. Bake 20 to 24 minutes until golden. Place pans on a rack and cool 10 minutes in the pan. Remove from pan to wire rack and cool slightly.

Makes 2 loaves, 16 slices each. One slice provides approximately 163 calories; 3 g protein; 23 g carbohydrate; 1 g dietary fiber; 6 g fat (3 g saturated); 22 mg cholesterol; 36 mcg folate; 1 mg iron and 44 mg sodium.

"A schiacciata (pronounced skee-ah-cha-tah) is an Italian flat bread or focaccia which can be sweet or savory. Following a trip to Italy, immediately I knew that I wanted to develop a recipe for this bread using tart cherries and almonds."



# Apple Cider Cranberry Bread

## Teresa Cardin, Valley Mills, Texas

### Dough

4 1/2 teaspoons Fleischmann's® Rapid Rise Yeast  
1 cup warm water (100°-110°F)  
1/2 cup granulated sugar, divided  
2 large eggs  
1 cup apple cider  
1 tablespoon salt  
1 tablespoon fresh lemon juice  
1/4 cup plus 1 tablespoon vegetable oil  
6-6 1/4 cups King Arthur Unbleached Bread  
Flour, divided

### Glaze

2 cups confectioners' sugar  
1/2 teaspoon fresh lemon peel  
1/2 teaspoon ground cinnamon  
1/4 cup apple cider

### Filling

1/2 cup (1 stick) unsalted butter, softened  
1/2 cup confectioners' sugar  
1/2 teaspoon freshly grated lemon peel  
1/2 teaspoon ground cinnamon  
1 teaspoon vanilla extract  
1 2/3 cups peeled, cored, chopped Jonathan  
apple  
3/4 cup sweetened dried cranberries,  
chopped  
3/4 cup toasted pecans, chopped

### Garnish

1/4 cup sweetened dried cranberries, divided  
1/4 cup toasted pecans, chopped, divided

1. In mixer bowl, stir yeast, warm water, and 2 teaspoons sugar. Let stand 10 minutes. Stir in remaining sugar, eggs, cider, salt, lemon juice, 1/4 cup vegetable oil, and 3 cups flour. Beat on low speed 2 minutes.
2. Beat in 3 cups flour. Knead with dough hook until soft dough forms, about 5 to 8 minutes, adding additional flour as necessary. Use remaining 1 tablespoon oil to grease a large mixing bowl. Place dough in bowl, turn to grease top. Cover; refrigerate dough overnight.
3. Remove dough from refrigerator and let stand 30 minutes.
4. To make filling: Mix together butter, confectioners' sugar, lemon peel, cinnamon, and vanilla. Set aside.
5. Punch down dough; divide in half. Roll each half into a 15 x 10-inch rectangle. Divide filling evenly and spread within 1 inch of edges of each rectangle. Sprinkle evenly with apples, cranberries, and pecans. Starting from long side, tightly roll up and pinch edges to seal.
6. Using a floured knife, cut ropes lengthwise in half. With cut sides up, twist two ropes to form a single piece. Place on parchment paper-lined cookie sheets. Pinch ends together. Cover loaves, let rise 30 to 40 minutes, until puffy but NOT double.
7. Bake in preheated 350°F oven 30 to 35 minutes or until golden and done. To prevent overbrowning, tent loaves with foil last 5 minutes.
8. To make glaze: Mix all ingredients, beating until smooth.
9. Drizzle glaze over cooled loaves. Garnish with 2 tablespoons cranberries and pecans.

Makes 2 large loaves, 16 servings each. One slice provides approximately 241 calories; 4 g protein; 39 g carbohydrate; 2 g dietary fiber; 8 g fat (2 g saturated); 19 mg cholesterol; 65 mcg folate; 1 mg iron and 228 mg sodium.

"With its combination of apple cider, apples, cranberries, and pecans, it's ideal bread for the American holiday season. The dough is refrigerated overnight making it easy to assemble and bake the next morning."



# Triple Tangerine Twirling Treats

## Lois Dowling, Tacoma, Washington

2 juicy tangerines  
3 1/2 cups King Arthur Unbleached All-Purpose Flour, divided  
2 (1/4 ounce) packages Fleischmann's ®Rapid Rise ™Yeast  
1/3 cup granulated sugar, divided  
1 teaspoon salt  
1/2 cup (1 stick) unsalted butter, softened, divided  
3 large eggs, beaten  
1 teaspoon cornstarch  
1/3 cup confectioners' sugar

1. Coarsely chop one-half tangerine. (Do not peel). Place into food processor and finely chop. Spoon into measuring cup; add enough hot water to measure 1/2 cup. Set aside.
2. Juice remaining tangerines to measure 5 tablespoons. Add water if juice is too scantily. Set aside.
3. In mixer bowl with paddle, place 3 cups flour, yeast, 3 tablespoons sugar, and salt; stir until combined.
4. Warm chopped tangerine mixture to 120°F. Add to bowl, along with 1/3 cup butter and eggs. Change to dough hook and gradually add enough remaining flour to make a soft, smooth dough. Knead 5 to 8 minutes.
5. Place dough into greased bowl. Cover; let rise until double, 30 to 40 minutes.
6. On lightly floured surface, roll dough to 15 x 12-inch rectangle. Spread with remaining butter. Starting with 12-inch side, fold 1/3 dough over center, and fold over again to form a 12 x 5-inch rectangle. Pinch seams together.
7. Cut into 12, 1-inch strips. Stretch and twist dough, shaping into coils on greased or parchment paper-lined baking pans, tucking ends under. Cover; let rise in warm place until double, about 30 to 40 minutes.
8. Meanwhile, in a small saucepan, combine 4 tablespoons tangerine juice, remaining sugar, and cornstarch. Cook over medium high heat, stirring constantly, until thick. Cool.
9. Preheat oven to 375°F. Make indentations in centers of risen rolls. Fill each indentation with one teaspoon tangerine filling.
10. Bake 10 to 13 minutes to a golden brown. Do not over bake. Remove to cooling rack.
11. Blend remaining tablespoon juice with confectioners' sugar until smooth. Drizzle over warm rolls.

Makes 12 rolls. One roll provides approximately 266 calories; 6 g protein; 40 g carbohydrate; 2 g dietary fiber; 9 g fat (5 g saturated); 67 mg cholesterol; 76 mcg folate; 2 mg iron and 215 mg sodium.

KWC Test Kitchen Note: If tangerines are not available, tangelos may be used in place of the tangerines.

"This quick and easy recipe helps me use up some of those many tangerines I receive each Christmas."



# Jalapeno Cheddar Wheat Hamburger Buns

## Robin Porter, Lilburn, Georgia

1 cup King Arthur 100% Whole Wheat Flour  
3-3 1/4 cups King Arthur Unbleached Bread Flour, divided  
1 (1/4 ounce) package Fleischmann's® RapidRise™ Yeast  
1 3/4 cups water  
1/4 cup extra-virgin olive oil  
1 1/2 teaspoons salt  
1 tablespoon finely minced green jalapeno pepper  
1 tablespoon finely minced red jalapeno pepper  
1 3/4 cups shredded sharp Cheddar cheese, room temperature, divided  
3/4 cup grated Asiago cheese, room temperature, divided  
1 large egg, beaten with 1 tablespoon water  
2 tablespoons cornmeal, divided

1. In bowl of mixer, combine whole wheat flour, 2 1/2 cups bread flour, and yeast.
2. Heat water and olive oil to 120° to 130°F. Add to bowl mixture; beat 2 minutes on medium speed.
3. Add salt, green and red jalapeno peppers, 1 1/2 cups Cheddar cheese, 1/2 cup Asiago cheese and enough of the remaining bread flour to make moderately soft dough.
4. Knead dough by hand or with dough hook 5 to 8 minutes.
5. Cover dough in bowl, let rest 10 minutes (replaces first rise in 2-rise recipes).
6. Divide dough into 16 equal balls. Flatten balls with rolling pin to 4 inches in diameter. Place on baking sheets that have been dusted with cornmeal. Cover; let rise in a warm place until double.
7. Preheat oven to 400°F. Brush bun tops with egg wash and sprinkle with remaining Cheddar cheese and Asiago cheese.
8. Bake 20 to 25 minutes or until golden brown. Remove buns from pan. Cool on wire rack.

Makes 16 buns. One bun provides approximately 376 calories; 13 g protein; 55 g carbohydrate; 3 g dietary fiber; 10 g fat (4 g saturated); 27 mg cholesterol; 138 mcg folate; 3 mg iron and 360 mg sodium.

KWC Test Kitchen Tip: Wear plastic gloves to handle peppers. Use a mini food processor to finely chop jalapeno peppers.

"July 4 is a big celebration in my family and these hamburger buns fit right in with all of our traditions of the Peachtree Road Race and a family cookout. The cheese is in the bun!"



# Fruit-of-the-Vine & Rosemary Olive Oil Snack Bread with Pine Nuts

Patricia Harmon, Baden, Pennsylvania

- 1/4 cup toasted whole pine nuts
- 1 1/4 cups plus 2 tablespoons water (75°-85°F)
- 1/2 cup plus 1 tablespoon extra-virgin olive oil, divided
- 4-4 1/4 cups King Arthur Unbleached Bread Flour, divided
- 2 teaspoons granulated sugar
- 2 teaspoons salt
- 2 (1/4 ounce) packages Fleischmann's ®Active Dry Yeast
- 2 teaspoons finely chopped fresh rosemary
- 2/3 cup grated Asiago cheese
- 1/2 cup quartered red seedless grapes

1. Place pine nuts in a dry skillet over medium heat, stirring occasionally until slightly browned and toasted.
2. In a bread machine pan, place water and 1/2 cup olive oil. Add 4 cups bread flour, sugar, and salt.
3. Make a well in the center of the flour mixture and place yeast in the well.
4. Program the bread machine on DOUGH cycle. During the last 2 minutes of the kneading cycle, add rosemary, Asiago cheese, pine nuts, and grapes. If necessary, add some of the additional 1/4 cup flour if the dough appears to be sticky.
5. When the DOUGH cycle is complete, divide dough in half. On a floured board, roll each half into a 12 x 6-inch rectangle. Roll up, jelly-roll style, starting from a long side; seal well. Pinch ends and pull slightly to taper. Place seam-side-down on greased 16 x 14-inch baking sheets.
6. Cover; let rise until double, about 40 minutes.
7. Preheat oven to 375°F. Brush loaves with remaining 1 tablespoon olive oil.
8. Bake 35 to 40 minutes, or until golden brown. Remove to cooling rack.

Note: Use loaves for bruschetta, appetizer spreads or accompaniment with soups. Dough may also be made in electric mixer using a dough hook.

Makes 2 large loaves, 16 servings each. One slice provides approximately 122 calories; 3 g protein; 15g carbohydrates; 1 g dietary fiber; 6 g fat (1 g saturated); 2 mg cholesterol; 44 mcg folate; 1 mg iron and 174 mg sodium.

"This is my original recipe I created to use as an accompaniment to an Italian soup that I regularly make."



# Sweet Wheat Bread

Jamie Swisher, High View, West Virginia

2 (1/4 ounce) packages Fleischmann's  
®RapidRise™ Yeast

1/2 cup warm water (100°-110°F)

1 teaspoon granulated sugar

2 cups 2% milk, scalded

1/2 cup (1 stick) unsalted butter

1/2 cup shortening

1 tablespoon salt

1 cup light agave nectar

2 cups King Arthur Unbleached Bread Flour

7-7 1/2 cups King Arthur White Whole  
Wheat Flour, divided

4 large eggs

1 large egg plus 1 tablespoon water for  
egg wash

1. In mixer bowl, dissolve yeast in warm water with sugar; let stand for 10 minutes.
2. Scald milk; add butter, shortening, salt, and agave nectar. Cool to lukewarm (110°F). Stir into yeast mixture.
3. Beat in 2 cups bread flour, 3 cups white whole wheat flour, and 4 eggs; mix 2 minutes on medium speed with paddle attachment.
4. Using dough hook, gradually add enough of the remaining white whole wheat flour to make soft dough. Knead dough 8 to 10 minutes by hand or with dough hook until smooth and elastic. Place dough in a lightly greased bowl, turning to grease surface of the dough. Cover; let rise in a warm place until double. (1 to 1 1/2 hours).
5. Punch dough down. Divide dough into nine equal pieces. Roll each piece of dough into a 16 to 17-inch rope. Place three ropes parallel to each other pinching them at the top and loosely braid, pinching the ends and turning and sealing ends under loaf. Place on greased or paper-lined baking sheets. Repeat with remaining ropes. (Makes 3 braided loaves)
6. Cover; let rise in warm place until double. Whisk together egg and 1 tablespoon water; carefully brush on loaves making sure to cover the entire surface.
7. Bake in preheated 350°F oven 30 to 35 minutes, covering loosely with foil the last 10 to 15 minutes to prevent overbrowning. KWC Test Kitchen Tip: To prevent the bottom crust from overbrowning: After 20 minutes, place an additional baking sheet under the baking sheet with braid and continue baking.

Makes 3 large loaves, 16 servings each. One slice provides approximately 157 calories; 4 g protein; 23 g carbohydrate; 3 g dietary fiber; 5 g fat (2 g saturated); 26 mg cholesterol; 14 mcg folate; 1 mg iron and 160 mg sodium.

Note: This recipe can be used for dinner rolls, cinnamon bread, shaped breads like Santa Claus and alligators.

"I was concerned for a daughter with gestational diabetes, so I changed a sweet braided bread recipe and found it even better with King Arthur White Whole Wheat Flour and agave nectar in place of sugar."



# Charred Lime Ginger Sweet Rolls

Candy McMenamin, Lexington, South Carolina

3 tablespoons warm water (100°-110°F)	1 1/2 teaspoons salt
1 (1/4 ounce) package Fleischmann's® Active Dry Yeast	1 tablespoon finely chopped crystallized ginger
1 teaspoon granulated sugar	3/4 cup 2% milk (100°-110°F)
1 large lime or 2 medium limes	1 1/2 teaspoons pure vanilla extract
4- 4 1/2 cups King Arthur Unbleached White Whole Wheat Flour, divided	1/2 cup granulated sugar
1 1/2 tablespoons vital wheat gluten, optional	3 large eggs, beaten, room temperature
	6 tablespoons unsalted butter
	1 large egg, plus 2 teaspoons water, beaten

1. In bowl of mixer, fitted with paddle attachment, combine 3 tablespoons warm water, yeast, and 1 teaspoon sugar. Let stand 10 minutes.
2. Meanwhile, grate 2 teaspoons lime peel. Cut limes in half horizontally and place cut sides down in a small skillet. Heat skillet over medium high heat until limes are slightly charred on cut side. Remove from heat and let cool. Squeeze 1/4 cup juice from limes; set aside.
3. In a large bowl, whisk 4 cups flour, wheat gluten, salt, lime peel, and ginger together.
4. To yeast mixture: stir in milk, vanilla, 1/4 cup lime juice, 1/2 cup sugar, 3 eggs, lime flour mixture, and butter; mix 2 minutes on low speed.
5. Replace paddle with dough hook and mix at low speed; gradually add enough of the remaining flour until a slightly sticky dough forms.
6. Knead 8 to 10 minutes until smooth and elastic. Place dough in large greased bowl turning to coat.
7. Cover; let rise until double, about 1 to 1 1/2 hours. KWC Test Kitchen Tip: Boil 1 cup water in microwave, place covered bowl of dough in microwave for a warm environment to rise.
8. Line two 13 x 18-inch baking sheets with parchment paper. Divide dough into 18 equal pieces; cover let rest 10 minutes. Shape each piece into a smooth roll and place 1 inch apart on baking sheet. Cover; let rise until double, about 1 to 1 1/2 hours.
9. Preheat oven to 375°F. Beat together egg and water. Cut a 1 inch (1/4-inch deep) "X" in top of each roll. Brush rolls with egg wash and bake 15 to 20 minutes or until golden brown and hollow sounding when tapped on the bottom. Transfer to a cooling rack.

Makes 18 rolls. One roll provides approximately 203 calories; 6 g protein; 32 g carbohydrate; 4 g dietary fiber; 6 g fat (3 g saturated); 52 mg cholesterol; 5 mcg folate; 1 mg iron and 217 mg sodium.

“Charring the limes gives the rolls a unique flavor and is very easy. These easy and versatile rolls can be served as a dinner roll or with a sweet butter at breakfast.”



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Kansas Wheat Commission  
217 Southwind Place  
Manhattan, KS 66503  
1.866.75WHEAT/785.539.0255  
Fax: 785.539.8946  
E-mail: [kswheat@kswheat.com](mailto:kswheat@kswheat.com)  
[www.kansaswheat.org](http://www.kansaswheat.org)

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