



FROM OUR KITCHEN TO YOUR KITCHEN

Meredith's Bread

Kingston, NY

meredithsbread.com

It's likely that right now, the crew at Meredith's Bread is baking for the farmers market. Led by husband and wife, Bob and Lynne Allen, they got started in the hours before dawn, and by mid-morning, the bakery will be lined with racks full of breads, pies, cookies, and more, all cooling from the ovens.

In 1972, the Allens started their business as a simple farm stand. Soon after, they tried out baking, and it became the new love that stuck. Encouraged by positive responses to their baked goods, the Allens realized that they had something special. In 1987, when a local woman decided to sell her established, home-based bakery label name, the Allens bought it along with some baking equipment. Today their early farm stand days are reflected in their products: they bake with seasonal fruits all year long. They can jams with seasonal fruits, too.

Yet, years into their business, the Allens rose to a brand new challenge that Lynne says has been "like starting a whole new bakery". With totally separate ovens, equipment, and ingredients, their bakery now makes an extensive line of gluten-free products. Lynn spearheads the bakery's commitment to gluten-free, as she understands its importance -- she was diagnosed with Celiac Disease in 2011.

"I had the symptoms for years, including things like aches, joint swelling, and rashes. When I got diagnosed, it all fell into place. I went gluten-free and now it's manageable. So, when customers call with questions about our gluten-free process, I'm happy to answer everything. I understand what people go through on this," Lynn explains.



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The key to gluten-free baking is to replace the protein mix of gluten. From there, the creativity begins. "It takes several wheat-free ingredients to recreate the structure of wheat," Lynne says, "And everyone here is passionate about finding the right mix. We create our recipes from ingredients like tapioca starch, potato starch, rice flour, and Teff flour, a flour with a lot of body that's made from a whole grain."

Customers can recognize the gluten-free products by their tan labels. New labels are being printed all the time, and already they name some of people's favorite items: Gluten-Free Rustic Farmhouse Bread, Gluten-Free Cinnamon Swirl Bread, and Gluten-Free Black & White Cookies -- just to name a few!



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