

# Baked & Matured Over 25 Years



**In 2006, Bodhi's Bakehouse in Fremantle celebrates twenty-five years – a quarter of a century - in the business of baking wholesome breads and biscuits. From its early beginnings in 1981, the Bakery's philosophy has been to follow the goal of producing environmentally sound, high quality, healthy products. Initially, the Bakery was run by two ladies called Alana and Lyn, who were members of Fremantle's "Orange People". As vegetarians, and believers in healthy living, they championed the cause of wholegrain breads. They started the bakery to provide fresh bread for friends and acquaintances, and it grew from there.**

They gave it the name Bodhi, which comes from the Sanskrit language, and means "teacher and provider of good things" or "enlightenment". The Bodhi tree is a specimen of the Sacred Fig under which, it is said, Siddhartha Gautama (Buddha) became enlightened, while meditating.

When John and Jane Noonan bought the business from Alana and Lyn in 1986, they decided to expand on these traditions, moving away from ordinary wheat breads, and reviving ancient bread-raising practices using Sour Dough, as well as researching and developing new lines, especially catering for vegans and people with wheat or gluten-intolerance, not to mention those of us simply looking for healthier, more nutritious alternatives in bakery goods.

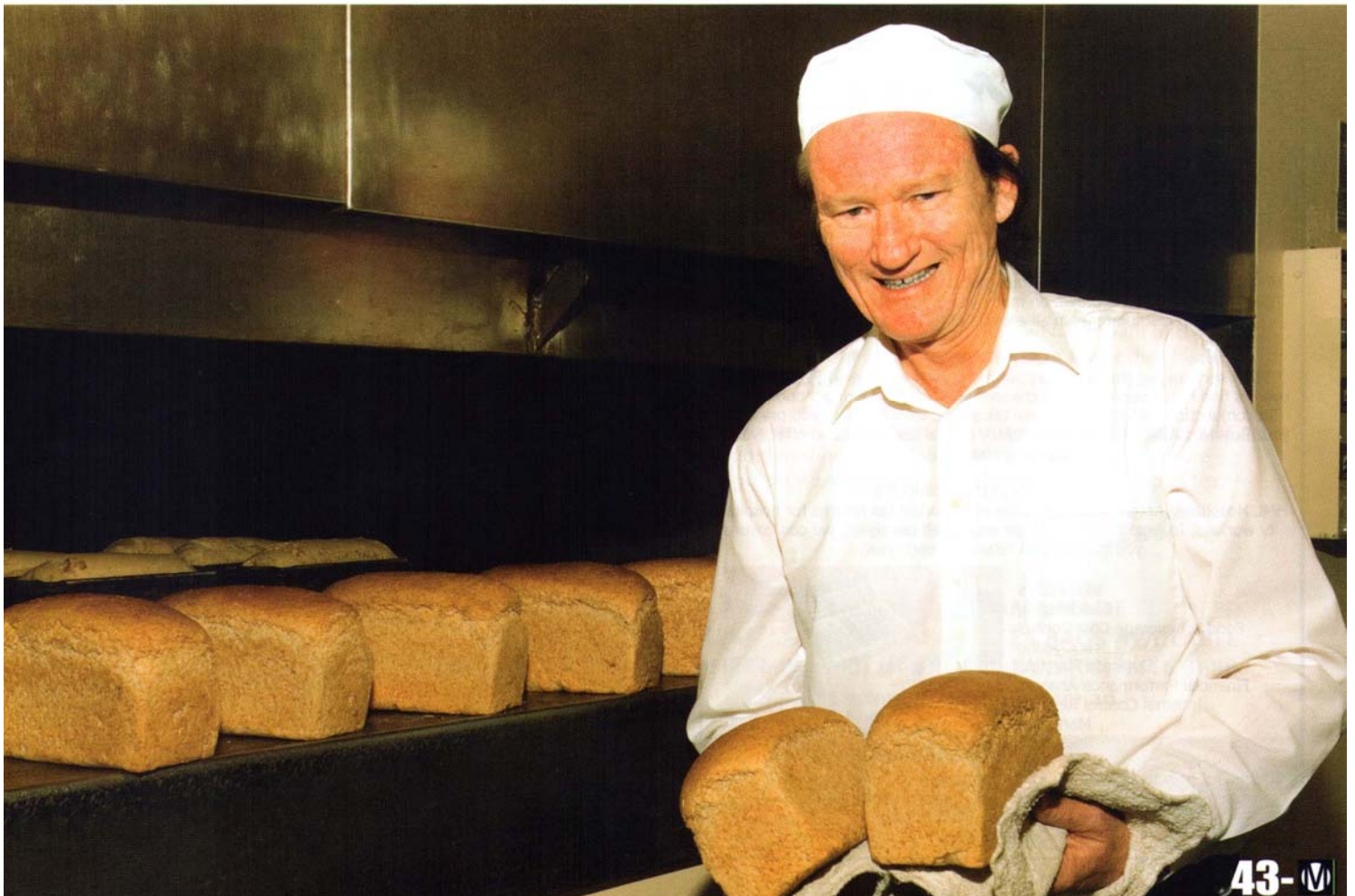
Sour Dough means a mixture of flour and water which has been left to ferment, due to wild yeasts that are present in the atmosphere. The wild yeasts settle on the batter and begin to grow, producing the tiny bubbles of carbon dioxide gas that cause the loaf to rise. This sour or fermented dough is then added to fresh ingredients to make the day's bread.

The heat of the oven destroys all the micro-organisms during baking, so the bread is free of living yeast when cooked.

Coming from a long family background in baking, the Noonans brought a wealth of experience and business savvy with them. John started out by helping his father and grandfather in the old Noonan's Bakery, and now he and his thirty staff (including six bakers), have developed a range of more than forty gourmet and dietary loaves, including Sour Dough Rye, Wupper and Barley breads, and Organic Spelt flours, Spelt breads, bread-mixes and biscuits, as well as gluten-free cookies, bread crumbs, rolls, pizza bases and even snack bars. They are dedicated to providing their customers with the purest, highest quality, most traditional hand-crafted breads.

Bodhi's Bakehouse specializes in breads made from organically grown grains – especially some of the ancient grains like Spelt, Kamut and Triticale (a cross between Rye and Wheat). Spelt is one of the oldest known cereal crops, and has been cultivated and eaten by humankind since the stone age. The grain is purchased direct from Organic certified farmers in WA. They have discovered that by dealing directly with local farmers, they have been able to develop close working relationships with their suppliers, and have actively encouraged the adoption of good organic farming methods to ensure the best supplies. Bodhi's is a member of the Organic Growers Association.

The bread is baked in natural gas-fired ovens, rather than wood-fired, as gas is more environmentally friendly – producing less smoke. Even their brochure and business cards are printed on recycled paper. Every effort is made to





follow the principles of ethical business.

Their latest new range of products is made from sprouted grains. When grains have been sprouted, their nutritional value increases enormously. Germination increases enzyme activity six-fold, breaking down some of the complex carbohydrates in the grains, and thus making them easier to digest. After sprouting, the grains are rinsed, drained, and then blended with filtered water to make Essene bread, using a traditional leavening process incorporating the use of natural yeasts (sour dough), where the natural fermentation basically pre-digests the grain, again improving both the nutritional value and ease of digestion.

Bodhi's is the first bakery in WA to produce the Sprouted Grain Breads. With no milling process involved, the fresh organically grown grains go straight from the farm to the bakery, and then on to the consumer - and can be transformed from grain into bread in as little as twenty-four hours. This retains the maximum goodness in the fresh product. The bread is so densely packed with nutrients and fibre that it's very filling, and you find that you need less of it to satisfy your hunger.

As our society becomes more health conscious, and more aware of the value of good nutrition and fresh food free

of artificial additives, more people are choosing to eat something a bit healthier than the kiddies favourite - bland over-processed white bread. "White bread is kids stuff, Bodhi's is Bread for the rest of your life." says third generation Baker John Noonan. Of course, good nutrition is very important for growing kids, and they should be encouraged to develop a taste for wholegrain breads. As you get older, it becomes even more important to eat foods that are nutrition-rich, to keep your immune system and digestion in good condition, preventing many of the common health problems associated with aging.

Many people find they suffer symptoms of wheat intolerance to a greater or lesser degree. Symptoms can include bloating, indigestion, flatulence and abdominal pain. Some people should avoid all sources of gluten, others find their digestive system is happier with breads made from grains with a lower gluten content, such as Rye and Spelt. Type Two Diabetes is becoming increasingly common due to the over consumption of fat and sugar in the Western diet. Obesity has also been recognized as a growing problem in our society. Certainly the Bodhi's range of products provides a number of alternatives for people with health problems.

Their Rye Bread range is very popular. Rye bread is very



common in Europe and America, and is increasing in popularity in Australia. They even do a Rye fruit bread baked with sultanas, currants, pears and apricots, which is delicious toasted. The breads are vacuum packed in conveniently sized portions so you don't get left with half a loaf that's gone mouldy. Being preservative free, these breads will support the growth of mould if left out at room temperature. They need to be frozen or refrigerated after opening and used within seven days, so a small quantity is better than a large loaf. Think of them as perishables, like milk. They do freeze well, though, and will keep in the freezer for several months.

All the products are labeled with a complete list of ingredients so you can make sure you are not getting anything you may be allergic to, or want to avoid. They are all low in fat, salt and sugar, and free of artificial additives. All ingredients are as fresh and natural as possible. The "Use By" Date on the pack refers to shelf life, unopened. The bread should be kept in the fridge in a sealed container, or frozen.

Bodhi's is a wholesale Bakery – which means the consumer can't buy from them direct. However, their products are widely available from Coles, Woolworths, Independent Grocers and selected Health Food Shops all across the metropolitan area, and regional centres from Broome

to Albany. They also send a lot of cookies to outlets in the Eastern States, and even export bread to Singapore.

If you can't find the product you're looking for in your supermarket, check out the website [www.bodhi.com.au](http://www.bodhi.com.au) for a list of stockists. If your local supplier doesn't have a particular product, ask them to see if they can order it in. The website is quite interesting, giving plenty of information about the range and listing products (with their ingredients) to suit a number of different dietary requirements, such as diabetes, gluten intolerance, vegan, salt & fat reduced, wheat-free, etc.

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