

# Rising Sun Bakery

At two o'clock in the morning, every Thursday, Friday and Saturday, Kelsey Carriere gets up and goes to work in her home-based bakery. She bakes until sunrise when the last loaves of bread are ready to take out of the oven. Then it's time to get the fresh bread delivered and attend to the needs of her one-year old daughter, Jorah. Although the idea of doing more baking was always something that was "rattling around" in her head, Kelsey hadn't really planned on baking for a living until recently. A native of Wiarton, she lived in Spain for five years where an in-law taught her how to bake in a wood-fired bread oven. Back in Canada she studied environmental science at York University with a focus on urban sustainability. When she came home to Wiarton she realized that running a bakery would allow her to be a part of the local food chain, and also to be at home with her family.



All Rising Sun breads are made with local, organic grains from *Grassroots Organics* in Desboro. Kelsey works with both sour dough and yeast, calling them "two different creatures" and explains that the popularity of sour dough bread declined at a time when making bread with yeast became stylish and was considered less messy. Although sour dough requires a longer, more complex procedure, Kelsey likes working with it because it's "intensely natural and alive". She clearly appreciates the process involved in baking any bread saying, "It's like alchemy. You're using all these inert ingredients grown in different places in different ways, and combining them at the right temperature for the right amount of time ... there's a whole universe of variables that culminates in a loaf of bread."

## Breads

Rustic Italian  
Ancient Grains & Flax  
Multi-Grain Sourdough  
Walnut Okara  
Potato Caraway  
Cranberry, Sunflower & Oat  
Sunflower, Oat & Honey  
Maple Walnut Cinnamon Buns

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## Available

- Fridays at the Wiarton Farmers' Market (Victoria Day to Thanksgiving)
- Thursday, Friday and Saturday at Around the Sound, Owen Sound
- Thursdays at 100 Mile Market, Meaford

Served at Mimi's Rooftop Café & Coffee Bar (Warton)