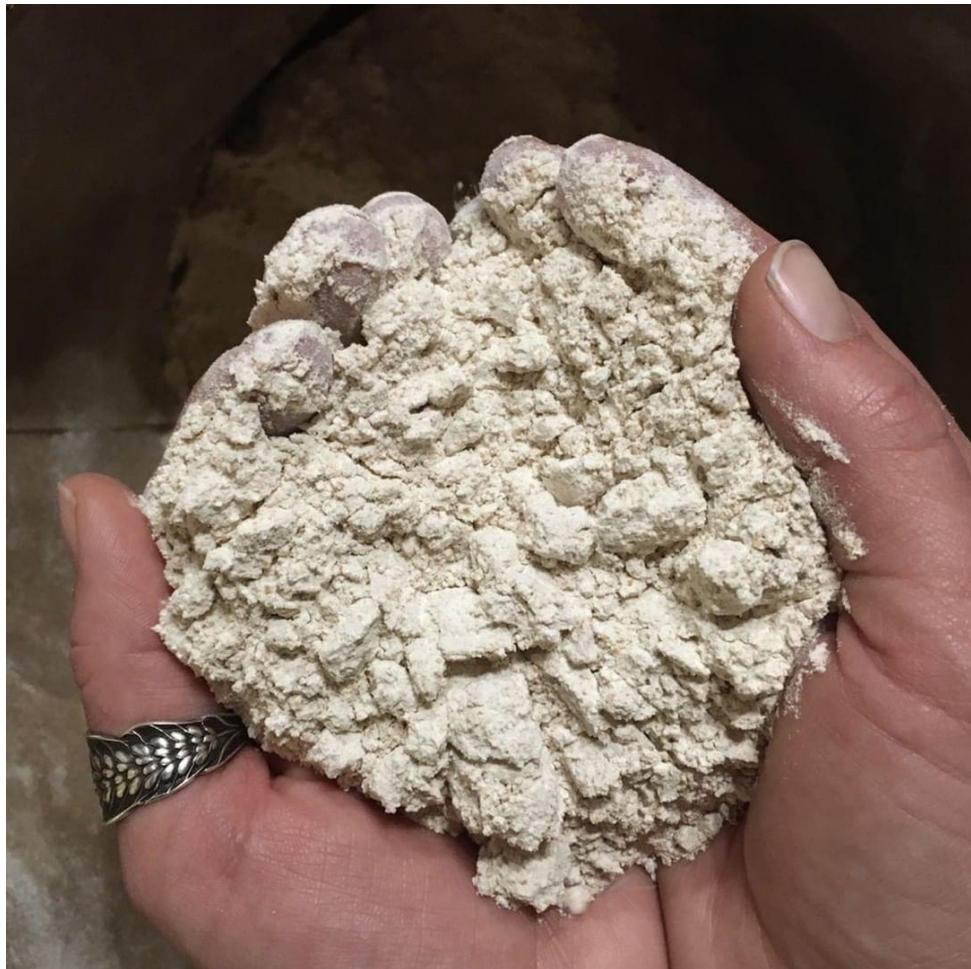


Wild Flower Farm & Bakery



I grew up in the kitchen baking with my mom and grandmother. When I left home and I was formally trained as a pastry chef. After owning a bakery in downtown Bismarck my husband and I decided we needed a change. We moved back to my hometown in northern Minnesota where I had planned to trade my chef hat for a straw hat. We found a little old farm that I loved and that was that... so I thought. It didn't take long before I started to bake again but this time I was right in the heart of where my ingredients would come from. It was in that tiny little farmhouse kitchen that I started our on-farm bakery and it has been growing ever since.

When we moved onto the farm in 2013 the animals had been gone for years and the fence lines were in need of repair. I was in love with the place. The house was built in 1920, same as the barn. We found out later that it had been built as the dairy farm for the Lake Julia Sanatorium. The gutter and broken manger are still in the barn where the milking took place many years ago. (I now milk our cows by hand in the other side of the barn; for the time being, it's more convenient.)

It was only months after we moved in that I had chicks on order and that first spring my husband and dad built our chicken coop. Right after that we started setting fence posts for the pasture to hold the cow that was on the way as well. I was determined to have a milk cow in addition to our own beef, pork, eggs and chicken.

As the years went on we added fainting goats, runner ducks, turkeys and guinea hens each for a bit of time. Currently we have our herd of Irish Dexter cows, one Jersey heifer, the sweetest donkey, a coop full of chickens, a few hives of bees, a pair of bunnies, a couple cats in the barn to keep the mice at bay and a trusty old dog at the front door. We have also been blessed with five children too. It's a joyfully busy little farm!

All the while, we also have put in a large vegetable garden, enlarged the raspberry patch and added a variety of fruit trees in the orchard.

For years I've been trying my best to grow heritage organic wheat on a shy acre. I have been fighting milkweed and Canadian thistle every year. Because of it I have yet to be able to grow and mill enough wheat to keep up with the daily baking in our on-farm bakery. To make up the difference, I was lucky to find a mill only a few hours away that mills the same organic heritage wheat that I want for my baking.

The goal for the farm and bakery is to be able to grow and/or raise the majority of what we need. Some days it seems like there's a lot around here but everything has a place and works together. The clover and alfalfa hay fields feed our bees until the bloom is done and then the hay is cut to feed the cows through the winter. The cows give us beef, milk (butter soon) and manure to fertilize the field and garden. The bees pollinate all of our crops and offer honey for the baking. The chickens take care of all of our kitchen scraps, give us all the eggs we need, meat for the freezer and manure for the orchard.

The recipe that I'm sharing today is a wonderfully soft bun that has a bit of everything we have to offer- wheat flour, milk, eggs and honey.

White Dinner Rolls

1 cup Water, warmed to 110 degrees

$\frac{3}{4}$ cup Milk, warmed to 110 degrees

4 ea. Egg Yolks, room temperature

$\frac{1}{4}$ cup Butter, room temperature

1 tbsp. Dry Yeast

¼ cup Honey

2 tsp. Kosher Salt

4 ¾ cup All-Purpose Flour

Dissolve the yeast in the water.

Add the remaining ingredients.

Stir to combine.

Once combined, knead the dough for 10 minutes until it is smooth and not sticky.

Allow the dough to rise until it has doubled under a light towel.

Punch it down and let it rise for another 30 minutes.

Divide the dough into 2 ounce portions and form into rolls.

Lightly dust the rolls with flour and place them on a parchment lined baking sheet.

Allow them to rise for 30-45 minutes.

Bake at 350 degrees for 25 minutes or until golden brown on top.

This recipe can be made with our fine ground whole wheat flour as well. You will need to adjust the water, yeast and honey adding slightly more of each.

Instagram: <https://instagram.com/wildflowerfarmmn?igshid=1k1dybf4lfro6>

Website: <https://wildflowerfarm.org/>