



## the Composter

June 2019  
Volume 67,  
No. 9

Next Meeting:  
Tuesday,  
September 17, 2019  
St Mark's, in the  
Geneva Room

Doors Open 6:00 PM.

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**[Meet your new Board for 2019-2020](#)**

*Morgan Goldberg      President*

*MaryJane Schumacher      Treasurer*

*Maribeth Slebodnik      Membership*

*Liz Marascio      Secretary*

*Barbara Cain      Education and Outreach*

*Kathy Lacklow      Volunteer Coordinator*

**The TOG Board is organizing the 2019-2020 Schedule**

**Change in Meeting times for 2019-2020  
Doors open at 6:00 P.M.**

**Icebreaker will start will start at 6:15 PM  
Greeting your neighbor and questions and hopefully  
answers**

**Lecture starts at 6:30 PM**

**Pictures from the April Propagation Party**

**If you had good luck with your planting, send a picture to  
tog.editor@gmail.com. Please share what you learned.**



**Getting Ready for the Crowd!**



**Plants Galore**





Serious Business Here



Important Discussion Standing Room Only

**Calling for Volunteers and Board Members**

As Tucson Organic Gardeners depends on the participation

of members, we are looking for people to contribute by volunteering to help with meetings, educational outreach, fairs, helping with the newsletter as well as serving on the board to shape the direction of TOG. If you have a suggestion about how you can contribute, speak to a board person about your idea or email the editor: [tog.editor@gmail.com](mailto:tog.editor@gmail.com)

Thank you in advance.

Penelope Halpern, Editor

## DIY Lo Carb Almond Flour Bread

By Victor Gutierrez

Like many of you I like Bread, especially the wonderful loaves from Barrio Bread (<http://barriobread.com>). But lately I've been thinking that I should cut back on the carbs I consume. So I started researching "Low Carb Bread" on the internet and came up with many recipes. Most of the search "hits" have videos on YouTube. After reading several of the recipes I decided on trying the one shown below. It makes a nice alternative. The only drawback is that it doesn't rise very much. If you want to see a video on making this bread go to the website shown below. This recipe, when divided in two, can be formed into two round loaves about 6in in diameter and about 1 1/2in high at the center. If you make 1 loaf the loaf is about about 8 X 2in high. Using a bread pan / dish might make it look like amoretraditional rectangular loaf. If you bake a single loaf you may need to extend the cooking time a bit (5 min or so) to assure a dry center. The taste and texture are quite nice, with a firm crust and chewy center. I'vemade the following several times and enjoy the result, but I'm still searching for a recipe that rises more.

The Healthiest Bread in the World!



<https://www.drberg.com/blog/the-healthiest-bread-in-the-world>

## INGREDIENTS:

### Dry Ingredients:

- 1 cup almond flour
- 1 cup arrowroot flour
- 1/3 cup coconut flour
- 1 tsp sea salt
- 2 tsp active dry yeast
- 1 ½ tbsp very finely ground chia seed
- 2 tbsp organic psyllium husk powder

Wet Ingredients:

1 ¼ cup filtered water

For TOG Members only

Thanks to the two host volunteers our July potluck will be on Sunday, July 29 in the morning and the August Potluck will be on Saturday, August 24 in the late afternoon.

We welcome the following new members:

Michael Morse

Brian Johnson

Felipe and Kristie Morales