

La Ferme Kerveguen

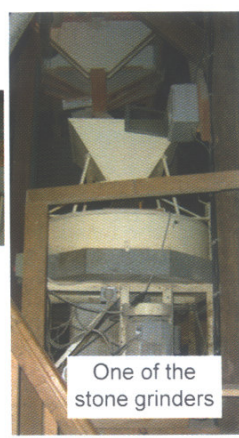
~ Bara Bio

Yeun Le Gall started organic cereal production at his farm at Kerveguen, near Quimper, twenty five years ago. The limited market for organic grain at that time led him to build his own flour mill, which now produces the well-known 'Ferme Kerveguen' brand of organic flour.

contd. page 8



The Flour Mill



One of the stone grinders

BaraBio contd. from page 7



Left: flour coming through from the milling machine and being bagged ready for delivery to the bakery.

Right: Inside the bakery

Right, below: croissants, prior to baking.



Yeun also founded a bakery, beside his farm, giving customers the opportunity to buy bread made from grains that were grown, milled, and baked on the same premises.

The 'Bara Bio' bread produced in the shop has become increasingly popular over recent years, and two years ago, Yeun passed the

contd. page 10



Central Brittany Journal – February 2007

10 News and Services

BaraBio contd. from page 8



Above: one of the ovens is heated by a 'mouth' which shoots flames from the fire box into the oven.

Right: the bakery uses pine offcuts from a nearby sawmill to fire the ovens.

Below: newly cooked biscuits.



bakery on to Jan and Bénédicte, who now employ eight bakers and have two, large wood-fired ovens, producing a wide range of organic breads, croissants, pains au chocolat and biscuits. Their bread is sold in health food shops and organic coops across south-west Brittany and they also have a market stall in the covered market hall in Quimper. The on-site shop is open on Tuesday and Friday afternoons.

Tel: 02 98 59 60 56 www.barabio.fr
BaraBio, Kerveguen, Ergué-Gabéric

Directions: Follow signs from La Croix St André on the D15 between Quimper and Coray.