

## RUSSIA INVADES UKRAINE 2022.



50 kg of organic bread flour waiting to be re-packed for storage.



25 kg of organic bread wheat for Julia's whole wheat bread.



The wheat has been transferred into tubs for storage.



The stone ground flour mill ( Mockmill ) grinding 100% whole wheat organic flour.

In February 2022, Russia invaded Ukraine and it has destroyed Ukraine's export market. The attacks on infra structure and the blockade on exports don't just hurt Ukraine, they hurt the world as it is the bread basket of Europe. About half the wheat bought by the worlds food programme comes from Ukraine, so the war could have devastating consequences and cause Global food crisis.

The farmers in Ukraine are having to wear body armours and helmets to protect themselves while harvesting the crops.

Ray makes the bread for us here at Yr Efail and Doves Farm grain merchants in England have run out of wheat but Ray was lucky enough to be able to place an order of wheat. We now have enough wheat grain and flour to last us until the end of 2022. Romania are doing everything they can to export wheat from Ukraine via Poland, the new harvest is due in July.

If we don't get wheat, we may have to switch to spelt. It is the ancient wheat grain that Roman soldiers marched on in Britain with a daily ration of 800 grams. Spelt has been grown here in Britain for 5,000yrs.



A fresh loaf made from white organic flour for Patrick. The bread board is a 100yrs old and belonged to Ray's grandmother Ellen Gunn.