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Heavenly Breads

Where to Meet Your Kneads.

By Beverly Brockus



The Best Bakeries

I WOULDN'T WANT TO LIVE somewhere that doesn't have good bread. It's not just that I'm a bread enthusiast; good bakeries seem to go hand-in-hand with a rich quality of life and a thriving food culture. The local bread awakening begun by Mark Furstenberg with the opening of Marvelous Market ten years ago may be as good an indication as any that the Washington area has become a better and better place to live. A roundup of the best breads from some of the area's best bakeries is convincing proof. Many of the great breads are as satisfying as ever, new ones have emerged, and bakeries continue to open or regroup...

Though most of our notable bakeries concentrate on rustic breads made from a nonyeast starter,



Spring Mill Bread Co.,
Bethesda, 301-654-7970;
Gaithersburg, 301-977-7733;
Rockville, 301-231-0140;
College Park, 301-220-1554.

Spring Mill Bread Company occupies a different niche. Owners Steve and Katherine Rurka specialize in what she calls "everyday breads" that are good for toast and sandwiches. What distinguishes these breads is the quality of their ingredients.

Naturally grown wheat berries, shipped by the tractor-trailer load from a family farm in Montana, are stone-ground daily in the bakery. The freshness of the wheat results in a long shelf life. Only natural ingredients like honey and butter are used, and no processed sugars or preservatives. The delicious breads range from honey whole wheat, seven-grain crunch, and cinnamon swirl to specialty breads like cranberry orange. The Rurkas are especially proud of their hand-braided whole-wheat challah. The cinnamon buns, blueberry muffins, and pies are like the best homemade versions.