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Le Garden Gourmet
Gf Bakery

Press Release

New York Bakery Meets the Needs of Allergy Sufferers

Le Garden Gourmet GF Bakery brings hope to those who suffer from the inability to digest wheat, gluten, dairy, nuts, and oats.

Lansing, NY - June 20, 2007: Those who suffer from celiac disease and other common food allergens often find themselves desperate to find food they can eat. It becomes even more challenging to find gourmet quality food such as bread, ready-made cakes, cookies and other bakery goods. Throw 'healthy' into the equation and it becomes nearly impossible.

Le Garden Gourmet GF Bakery may very well have changed all that. After discovering she was gluten-intolerant in 1998, owner, Laurie Cole, decided to do something about the lack of quality and nutrition found in most 'allergy-friendly' foods.

"Before being diagnosed, I used to eat whole grain breads and pastas because they were healthier than eating the 'white' version. When I went on a gluten-free diet, I was discouraged to find that almost all gluten-free bread products were being made with things like white rice flour, white sugar, and simple starches. To make matters worse, they tasted horrible." Cole said.

After working several years on developing formulas that were not only delicious but nutritious as well, Laurie and Duane Cole started Le Garden Gourmet GF Bakery, in September 2005 with the help of Laurie's sister, Julie and husband Dave Ehrentraut. They have since grown tremendously and now have help from other family members including the sisters' Mother, Pat Geis, nieces and nephews.

"Family is very important to us." Cole said. "Along with running a commercial bakery, I am a home-school mom, a wife, an aunt, a sister, and a daughter." Cole said. "We all lead very busy lives. Still, I can't think of anyone else I'd rather work with. We have the *best* crew - my family, and I'm just proud to be a part of it." Cole said.



Le Garden offers a full-line of gourmet bakery goods from breads and cakes to cookies and gourmet mixes. All of their products are made with nutritionally sound ingredients such as whole grain brown rice flour, evaporated cane juice, spring water, pure olive oil, sea salt, and locally produced (antibiotic/hormone-free) eggs that are delivered weekly.

“We even have a gluten-free all-purpose flour substitute that can be used cup-for-cup in all of your favorite traditional recipes.” said Julie Ehrentraut, Cole’s sister and head of sales. “My customers say it’s a miracle. One customer made her favorite whoopee pies with our Quick Mix flour substitute and served them at a party over the Christmas holiday. She was thrilled that no one new they were gluten-free and even more amazing, *kids* were coming back for seconds and thirds!” Ehrentraut said.

Over the years, gluten-free foods have gained a reputation for being dry, bland, gritty, hard, horrible tasting, and generally unhealthy.

“We desire to change all of that.” Cole said. “Our wheat-eating customers are genuinely surprised when they try one of our products. They have a taste and texture that’s amazingly like wheat-based products with the bonus that they are wheat, gluten, dairy, nut, and oat free. Some are even corn, soy, and potato free.” Cole said. “One of my favorite stories is when we took our products to a local grocery store for a meeting with the store’s bakery manager. While we were talking, he ripped open one of our chocolate chip jumbo cookies and began to eat it. A professed wheat-eater, he claims he doesn’t typically like gluten-free foods but he just *loves* our cookies.” Cole said.

Varying your diet can often help to prevent the development of food allergies and sensitivities, suggests Cole.

“Wheat has changed over the years and has become more glutinous. It is very beneficial to trade eating some gluten-free foods with glutinous ones every day.” Cole said. “Le Garden products make it so easy to adopt the gluten-free lifestyle. You no longer have to feel like you’re on a ‘special’ diet. In fact, the food is so good; you forget that you’re on one.” Cole said.

Le Garden’s products can now be found in health food stores, co-ops, and major grocery chains throughout the North Eastern U.S. They also ship products weekly to homes and businesses throughout the United States, Hawaii, Alaska, and Canada.

For more information: log onto www.legardenbakery.com or call: 607-533-9102