



Spring is here!

Season 1, Week 4
March 11, 2010
7:16 PM

We are baking in the rain, with the windows open and a vase of daffodils. This issue of the zine includes one of our recipes, some conversations we've been having about community economies and the role this bakery can have in creating them, and more quotes about...

Recipe: Blueberry Muffins

We don't have enough blueberries saved up in the freezer from last summer to make these for y'all, unfortunately. But maybe you can make them at home, and come pick blueberries with us come July?

Makes 1 dozen muffins

Dry ingredients

1/3 cup cornmeal
1 3/4 cups whole-wheat flour, or a combination of whole-wheat and white
2 T brown sugar
1 t baking soda
1 t baking powder
1 t cinnamon
1/2 teaspoon salt

Wet ingredients

1 egg or egg substitute*
2 T maple syrup
1 cup pecan milk, or other milk **
1.5 cups frozen blueberries

...what is community?

"Differences, then, call for a more in-depth interrogation. On one side, of course, they exist and are evident..."



But that says nothing about the possibilities of articulation

of those experiences. Moreover, we could ask whether an experience/experiment has value as such – and, in this sense, a profound political character – precisely when it manages to suspend that indifferent enacting of differences (which says 'differences separate' and 'there is no possible connection in the indifferent difference'). The question is neither to erase nor to disguise differences, but to bring them together in working on common problems."

-Collectivo Situaciones, from "Something More on Research Militancy: Footnotes on Procedures and (In)Decisions"

How to bake muffins

Pre-heat your oven to 375 degrees. Line a muffin tin with muffin cups, or grease it thoroughly. Mix dry ingredients all together in one bowl, and whisk wet ingredients together separately.

Once the oven is hot, mix wet and dry ingredients together just until thoroughly combined. Fill each cup of the tin about 3/4 of the way full (we use an ice cream scoop and give each muffin a full scoop).

Bake for around 25 minutes, or until a toothpick inserted into the center of the muffin comes out clean. Take them out of the pan to cool so that the bottoms don't get soggy. Enjoy!

Notes:

*for egg substitute, we use 1 T flaxseeds, blended with 1/4 cup hot water

**to make pecan milk, mix 1 part pecans to 4 parts boiling water. let steep for about 15 minutes, then blend everything in a blender set on 'liquify' for 3 minutes.

What we baked this week

Artisan Sourdough Multigrain

Contains: Water (41%), Organic whole-wheat flour (41%), Organic whole rye flour (3%), Lentils (2%), Oatmeal, Barley, Buckwheat, Whole rye berries, Golden flaxseed, Pumpkin seed, Sunflower seed, Poppy seed, Sesame seed, Salt

100% Whole-wheat sandwich bread (855g/loaf)

Contains: Organic whole wheat flour (56%), Water (30%), NC Honey (5%), Vegetable oil (5%), Molasses (2%), Salt (1%), Yeast

Cinnamon-raisin sandwich bread (837g/loaf)

Contains: Water (32%), Organic whole wheat flour (29%), Organic unbleached bread flour (25%), Raisins (7%), Vegetable oil (3%), Brown sugar (2%), NC Honey (1%), Cinnamon, Salt

Ciabatta baguettes

Contains: Water (43%), Organic unbleached bread flour (41%), Organic whole-wheat flour (14%), Salt (1%), Yeast

Conversation to plan the March 23rd bake day:

Noah: Well, I think it was last week that you said that maybe we should think of the monthly bake days as a way to earn money, as opposed to the subscription which is about supporting our communities & building community

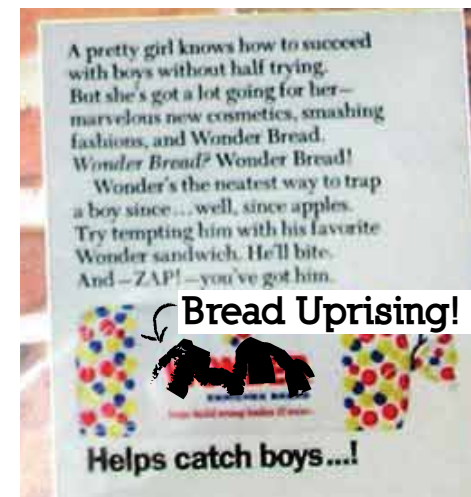
Tim: But when I think back on it I am totally frustrated with that model. Its like admitting that the thing we really want to do is unsustainable, so we have to be capitalists in order to survive.

N: Yeah, and I feel like if we separate out different parts of the bakery, and make some about what we want in the world and some not, then we are also separating out different parts of ourselves and segmenting ourselves. So, we have to see if it will work to be sustained without having to sell ourselves.

T: If we don't, we'll probably just keep emphasizing the capitalist thing more and more, since it's what's sustaining us. I feel like I've seen that happen with a lot of other co-ops...

Corn muffins (492g/half-dozen)

Contains: Cornmeal (30%), Pecan milk (30%: pecans & water), Organic all purpose flour (23%), Vegetable oil blend (7%: olive & canola oil), Organic sugar (4%), Egg replacer (4%: water & flaxseed), Baking powder (2%), Salt



N: So, what does it actually mean to do that? We are doing a sliding scale, which is important; but how do we actually change what we're doing? It doesn't feel like enough to say that we don't want to have a transaction but people are still giving us money and we are giving them bread?

T: One thing is that we need to have a community conversation about our needs. We can pool our needs so all we need is not just money; and, what we think we need individually can change depending on what kinds of communities we're in and what kinds of situations we're in.

N: But I think that requires a community structure and a lot of trust and commitment.

T: Yeah – so let's do it! We can start by bringing folks together to talk about these things. Let's also make a list of needs that we have, and send them out.

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