

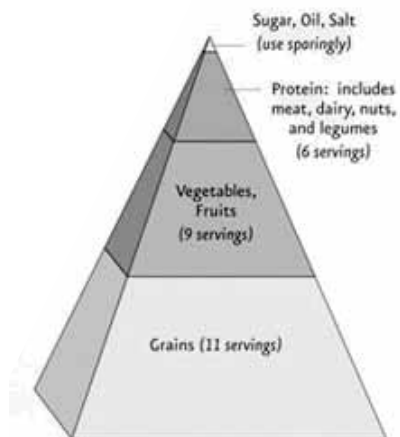


OMG 1337
Br34d!!!

Season 1, Week 5
March 18 2010
6:25 PM

We are chatting on skype about community economies and sliding-scale, trying to figure out how to move forward. It's a gorgeous sunny day. This week: some quotes from y'all about what community means, why a salad costs more than a Big Mac (TM), a bunch of stuff that we're thinking about these days, and... not much more! Time to pull the half-wheat sourdough out of the oven.

How the US government says we should eat...



Originally, the USDA recommendations that became today's food pyramid recommended a vegetarian diet and less dairy consumption. But the dairy and meat lobbyists made sure those recommendations were never released...

Your turn... ...what is community?



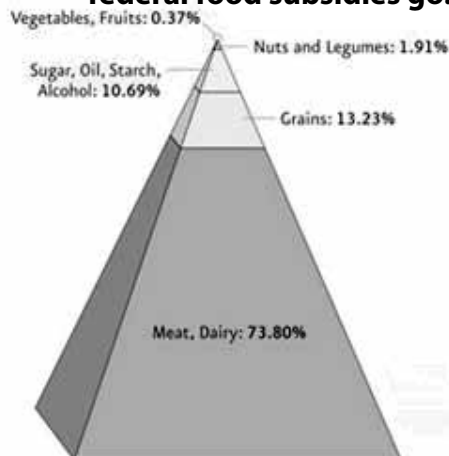
Paola: "Community is a way to fundamentally change the way we relate to capital and change imposed social structures ... Community is about building relationships, support structures, and spaces of trust to help us have freedom over our lives in ways that make capital irrelevant."

Allan: "Community is the best chance we've got. Creating a world where we can really be everything we're capable of is gonna take a lot of work and determination, and community is the best chance we've got to get there."

Suriyana: "Oyoyoyo. Mmm mmm" (because community is delicious!!!)



...and where federal food subsidies go.



Meat, dairy, cookies and alcohol prices in the US went down over the past 30 years, while fruit and vegetable prices went up. Federal subsidies for food production also determine what kinds of food are available for school lunches and WIC.

What we baked this week

Half-wheat sourdough sandwich (840g/loaf)

Contains: Water (36% by weight), Organic whole-wheat flour (30%), Organic white flour (30%), Vegetable oil (3%), NC Honey (1%), Salt

Whole-wheat seeded sandwich (855g/loaf)

Contains: Organic whole wheat flour (47%), Water (29%), Sunflower seeds (6%), Vegetable oil (6%), Honey (5%), Pumpkin seeds (2%), Molasses (2%), Poppy seed, Millet, Salt, Sesame seed

Pecan-raisin sourdough (830g/loaf)

Contains: Water (34%), Organic whole wheat flour (27%), Organic white bread flour (17%), Pecans (9%), Organic whole rye flour (7%), Organic raisins (5%), Salt

Pizza crusts (300g/crust)

Contain: Water (36%), Organic white bread flour (29%), Organic whole wheat flour (29%), Olive and vegetable oils (3%), Honey, Yeast, Salt

One thing I'm thinking about: "the commons"

I've been trying to go back through some of the unread books piled up from my undergrad days and see if they might have something useful to say about community economies. I tend to think of 18th century grazing land for livestock when I think of commons. But J.K. Gibson-Graham's book 'A Post-capitalist Politics' made me wonder what the 'commons' are for some of the communities we're part of.

One 'commons' might be the pool of energy that we have available for collective work. Sometimes we choose to deplete that commons, like when the folks I went to UNC with organized around-the-clock against the war in Iraq. Or Noah tells me that Ubuntu started off with 6-hour -long meetings, once a week(!)

But then, those meetings probably also lasted so long because they built collective energy, rather than sapping it. Why is it that collective work sometimes feels draining and intrusive, and other times is so sustaining?

-Tim

Oatmeal-raisin muffins (465g/half-dozen)

Contain: Organic whole-wheat pastry flour (31%), Pecan milk (20%: pecans & water), Oats (15%), Raisins (11%), Water (10%), Brown sugar (6%), Vegetable oil (5%), Baking powder, Apple cider vinegar, Salt

How to use pizza crusts

We under-bake our pizza crusts on purpose so that they can finish browning once you put them in the oven again with toppings. To use, preheat your oven to 475 degrees Fahrenheit, top the crust however you desire, and bake until the toppings are done and the crust is golden-brown (usually 12-15 minutes).

Bread Uprising Bakery
816 Yancey St., Durham, NC 27701
breaduprising@resist.ca
breaduprising.wordpress.com

More things we've been thinking and talking about:

- What are the limits of community economies? How do we widen the circle of things we can get without having to spend money?
- What does a community structure based on economic interdependence and supporting each other look like? How do we learn to be able to count on each other? Does caring for each other in this way mean we all have to be friends and hang out together all the time?
- Should we start branching out into gluten-free baking? If so, how?
- Does anybody out there know how to change a clutch on an old Nissan pick-up?

Community-supported Music!!!

Hear CSB member Avery Book's amazing vocal harmonies as his Early Dawn Trio performs March 31 at 7:30 PM. Suggested donation is \$8-\$10, and you can find out the location by RSVP'ing to: earlydawntrio@gmail.com