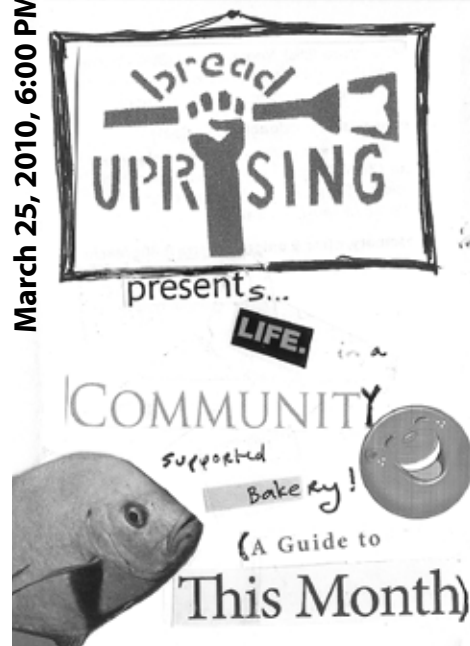


March 25, 2010, 6:00 PM

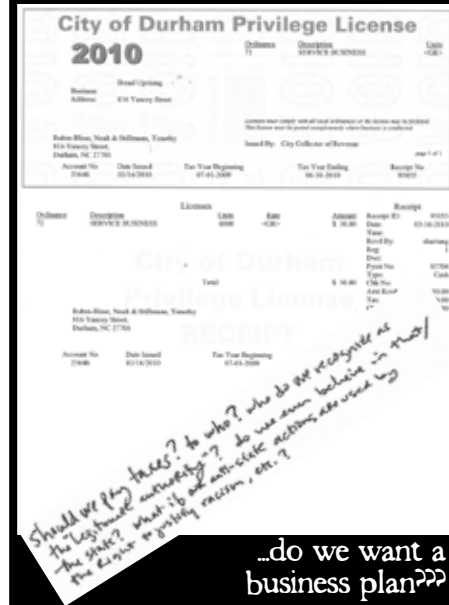


1. Get a friend to make a sign...



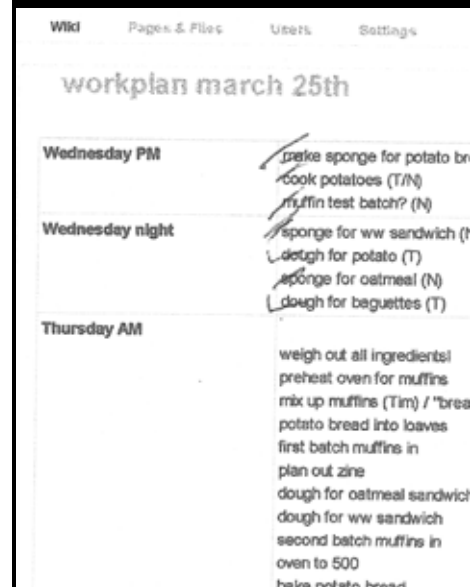
...then try to keep it dry

2. Make a business plan...




3. Clean out your workspace before the health inspector comes. No bare feet allowed!!!

4. Ready...



Set...

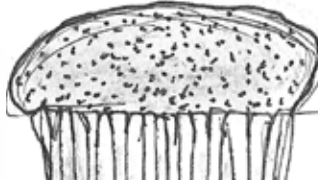


 the inevitable smoke alarm!

**Lemon Poppyseed Muffins (500g/6)**  
 Ingredients: Whole-wheat pastry flour (32%), Pecan milk (18%: water, pecans), vegetable oil (15%), Honey (12%), Lemon juice and zest (10%), Poppyseeds (5%), Water (4%), Flaxseed (4%), Baking powder, Ginger, Salt

**Potato-Chive Bread (750g/loaf)**  
 Ingredients: Organic white bread flour (42%), water (27%), Potatoes (25%), Organic whole-wheat flour (4%), Salt, Chives, Yeast, Rosemary

**Ciabatta Baguettes (net wt: 350g/each)**  
 Ingredients: Water (43%), Organic unbleached bread flour (41%), Organic whole-wheat flour (14%), Salt (1%), Yeast.



**Bread Uprising Bakery**  
 816 Yancey St., Durham, NC 27701  
[breaduprising@resist.ca](mailto:breaduprising@resist.ca)  
[breaduprising.wordpress.com](http://breaduprising.wordpress.com)

**Whole Wheat Sandwich Bread (net wt: 840g/loaf)**  
 Ingredients: Organic whole-wheat flour (56%), Water (30%), NC Honey (5%), Vegetable oil (5%), Molasses (2%), Salt (1%), Yeast

**Oatmeal Sandwich Bread (828g/loaf)**  
 Ingredients: Organic whole-wheat flour (44%), Water (40%), Oats (8%), NC Honey (6%), Vegetable-oil, Yeast, Salt

Bake!!!