



It has been a fabulous week. And a crazy one... Noah is getting ready to cook with Melanie and Justin for the Rooted in Community Conference, and we picked a bunch of cabbage, tomatoes, cucumbers, peppers, peaches, and chicken at the Farmer's Market in Raleigh last week. Tomorrow morning is a big rally in support of diversity in education in Raleigh. And congrats to Maribel, Sebastian, Gabriel and Samari who got funded to come back to the Triangle this fall!!! This week continues our series of food-system infographics, with a deeper look at sourcing.



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## Ingredients and sourcing...

How far do the ingredients we use travel? Whose hands carry them to us?

In the past month or so, we've put a lot of information into this zine about food systems, both just and unjust - bioengineering and its role here in the triangle, the organic industry, definitions of food sovereignty and food justice. In addition to our work to build community through food and share decision-making between bakers and bread-eaters; creating food production that is a anti-capitalist by challenging a model of exchange (\$-for-bread); one of the ways we see our role in changing the food system is by getting our ingredients from local farmers & producers, and folks who share our values. This is very much in progress - you'll see that a lot of our ingredients come from UNFI which sources from all over the world, and a lot companies that are not particularly good.

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## What we baked...

### Half-wheat sourdough sandwich (840g/loaf)

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

### Whole-wheat sandwich bread (840g/loaf)

Organic whole wheat flour (57%), Water (35%), Vegetable oil (4%), NC Honey (2%), Fair-Trade Molasses, Salt, Yeast

### Light rye bread with caraway (762g/loaf)

Durham county water (36%), Organic whole rye flour (24%), Organic white bread flour (22%), Organic whole-wheat bread flour (12%), Vegetable oil (2%), NC onions (2%), Salt, Caraway seeds, Yeast

### Potato-rosemary focaccia (582g/portion)

Tierra Negra potatoes (30%), Durham county water (27%), Organic whole-wheat bread flour (25%), Organic white bread flour (12%), Red onion (2%), Olive oil (2%), Rosemary, Salt, Yeast

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### Blueberry muffins (420g/half-dozen)

Organic yellow cornmeal (21%), Organic whole-wheat pastry flour (20%), Pecan milk (19%: NC pecans, water), Durham county water (14%), NC bicolor corn kernels (12%), Vegetable oil (5%), Fair trade sugar (3%), Olive oil (2%), Honey (2%), Flaxseed, Baking Powder, Baking Soda, Lemon juice, Salt

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

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## Where do our ingredients come from?

### Triangle region

- 156 lbs of water from Noah's tap, piped here from Falls lake by the City of Durham
- 10 lbs honey that we pick up in 5-gallon buckets from Busy Bee Apiaries outside Chapel Hill
- 3 lbs blueberries picked by Tim & Noah in Cedar Grove
- 300 lbs flour and 4 lbs cornmeal which Sarah, Jes, Jonathan or Carly pick up from Lindley Mills in Graham and deliver once a month
- 4 lbs potatoes grown by Tahz & Cristina near Mebane, NC, which they brought for Grains 'n Greens last week

### North Carolina

- 4 lbs pecans, shelled at Carolina Nut Cracker in Newton Grove (near Mt. Olive). They buy pecans from farmers (and 'yard pecans' from home gardens) in and around Wayne County, and Tim picked up a 10 lb box last week on his way back from a training at CEFS
- 12 ears of corn, bought at the NC Farmer's market

### USA

- 4 lbs salt farmed in San Francisco Bay by Giusto's Vita-Grain. We bought it in a bulk order from United Natural Foods, Inc. UNFI is a distributor that supplies stores like Weaver Street as well. They truck goods in from a warehouse in Atlanta and a buying club we're part of divides up the order every month in a parking lot near Lakeview Shopping Center
- 1.5 lbs flaxseed, grown somewhere in the USA we think and from UNFI
- 1 lbs oats, also from UNFI

### Somewhere on this planet...

- 17 lbs canola oil, product of Canada, distributor based in Seattle, WA which Paola & Allan bought from Costco for us
- 0.13 lbs olive oil from Spain, distributed by Valco Enterprises, LLC (based in Wilmington, DE) and sold at Costco

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