



The bananas we used in today's muffins came from Cerro Azul, the brandname used by the Ecuadorian Asociación de Trabajadores Agrícolas Autónomos to promote its bananas. The Asociación, is made up of 160 member farms, each managing less than 50 acres. They farm their bananas in ways that are responsible to the rainforest, treat their workers right, and are paid a fair price for each box of bananas. So, you can eat your muffins confident that the fair-trade certified, over-ripe bananas we used support small-scale, environmentally sustainable farming. Right? Just? Fair? Equal?

Maybe? Since the average person living in the United States eats 75 bananas per year, and basically no bananas are grown commercially in the continental US this country imports 4.5 million tons of bananas every year, mostly from Latin America. That means that even if all of the land used for farming in Ecuador were devoted to growing bananas, it would only satisfy one-quarter of the United States demand. And don't forget about European consumption! It seems to me that it's actually impossible to have a relationship based on justice when one group of countries is devoting most of their land to producing food for another group of countries.

What is fair trade, anyway? I've never met a banana farmer, never seen bananas on the tree, never known what the experience of picking them is like. Why is it that paw-paw muffins sound exotic while I can buy an Otis Spunkmeyer banana nut muffin at every gas station in the country?

Where does my (our?) taste for banana bread, smoothies, muffins, and cream pies come from if not from a long line of people being forced

at gunpoint to produce bananas that could be sold cheaply in US supermarkets? I wonder if by buying fair-trade bananas we're only helping to maintain the illusion that taste preferences are value-free, that the dominant culture here in the US is not deeply and inextricably rooted in centuries of exploitation and oppression.

On the other hand, the muffins are delicious. And we're supporting 160 small farming families in Ecuador who are just trying to make some money in a sustainable way. So, you tell us... should we bake banana nut muffins?

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

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Tomato-basil artisan bread (760g/loaf)

Organic white bread flour (43%), Canned NC farmers market tomatoes (17%), Durham county water (17%), Organic whole-wheat bread flour (16%), Cherry tomatoes from serena & jessamine & noah (5%), Olive oil (2%), Fresh basil from sam & laxmi & serena, Salt

Cinnamon-raisin bread (911g/loaf)

Water (32%), OG whole wheat flour (32%), OG unbleached bread flour (21%), Raisins (7%), Brown sugar (4%), Vegetable oil (3%), Brown sugar (2%), NC Honey (1%), Cinnamon, Salt

Banana-nut muffins (420g/half-dozen)

Bananas from manju & jessamine & fair trade from weaver st. (37%), Organic Whole Wheat Pastry Flour (30%), NC Honey (9%), egg substitute (6%), Pecans (6%), Pecan milk (5%), Vegetable oil (5%), Red wine vinegar, salt, baking soda

Bread Uprising Bakery

816 Yancey St., Durham, NC 27701

breaduprising@resist.ca

breaduprising.wordpress.com

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“The breadmobile is actually a vessel that brings people from capitalism to the new world”

-quote from a bread meeting

Towards radical democratic community-based decision-making about our food!

At the bakery assembly last april, a team of about 10 bakery subscribers volunteered to be on a decision-making council/support team, to help the bakers make day-to-day decision and to move the visioning process, begun at the assembly, forward.

Since then, we have been meeting monthly – so we wanted to give a lil reportback so you can be thinking about these things – if you’ve got thoughts about any of this, talk with one of us!

First: We would like to schedule another all-bakery assembly for Sunday, September 12th from 1-4pm! For more on what that means and what

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we’d like to discuss there, read on!

Who?

The fabulous “bread team” is: Tim, Noah, Serena, Emily, Francesca, Chelsea, Mikel, Paola, Kriti, Jagmeet, Annalena, and maybe Tema and John.

What & When?

- May: got to know each other, made a plan for the process
- June: vision! Where we see the bakery in 6 months, pulling out themes, talking about tensions. Sent to workgroup to begin writing vision statement.
- July: vision statement reportback; brainstorm and discussion about possible decision-making structures
- Aug (still to come): actual draft of vision statement, finalize decision-making structure proposal(s) to bring to assembly
- Sept Assembly!: all bakery participants (you!) are invited to come celebrate together, discuss and make decisions about the structure and vision proposals!

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RIC Conference!!!

This past weekend, 115 youth who are working to change the food system came to Durham from across the US and Canada for the Rooted in Community Conference. Host organizations included the Stone House, SEEDs, SWARM (Students Working for an Agricultural Revolutionary Movement in Goldsboro). Lots of folks we know and love put a *ton* of work into this conference (and all the food came from a superstar team of queer Durham cooks)! It was incredible to see our town filled with young people who are so inspired & inspiring, so committed to their work, and fun!

We were asked to speak on a panel for “food professionals night”, along with Manju, Kifu, and Zulayka. Standing in front of the next generation of food revolutionaries, alongside other folks talking about all the different models they’re trying to use to make ends meet and ‘bring the monster to its knees’ made us feel so blessed to be doing this work and to be in Durham!

We talked about 4 pieces that are important parts of the bakery:

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We talked about 4 pieces that are important parts of the bakery:

- Challenging exchange of \$-for-food that is part of capitalism
- Sliding scale, accessibility, and wealth/resources
- Local/just sourcing of ingredients
- Community-based decision-making, food sovereignty, and assemblies

Thanks so much to Cristina, Tahz, Santos, Kavannah, Shorlette, Tes, and all the other folks who put in a *ton* of work to make the conference happen here!



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