



June 21 2010  
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## Hey y'all!

I have been catering all day, and Tim has been doing the baking. The bakery is nice and cool, surprisingly. This week for the zine, we've got some models of the food system – the one we (mostly) live in and the one we are creating. Safe travels to those heading up to Detroit for the US Social Forum, and hope everyone staying in town has as great week as well!

PS. If you haven't gotten a chance to yet, be sure and sign up for a shift helping to clean up!!

## This week's 'zine...

We said we were only going to do the zine every 2 weeks, but that wasn't true. We love it too much to only think about it every 2 weeks. But, we are scaling back a teeny tiny little bit. The plan is, in the off-weeks, to have info about food systems and food justice – research we've done, graphics, etc.

While doing the research for the organic industry structure graphic two weeks ago, we found an incredible drawing illustration the exchange-based food system much of this country is stuck in. It made us think about what the food system we would like to live in would be, and how we could draw it.

I thought it would be one that does not center on exchange, with all other aspects going through that medium. One that closes the loop between waste and resources. One where everyone is valued, people's lives are sustained and sustainable, and we are able to do work that we love, together. And more! What do you think? Try drawing your food system and we might could put it in this zine in a few weeks!!

## 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 sandwich bread (840g/loaf)

Organic whole wheat flour (58%), Water (35%), NC Honey (2%), Vegetable oil (4%), Fair-Trade Molasses, Salt, Yeast

### Sourdough whole-wheat & rye (784g/loaf)

Durham county water (40%), Organic whole-wheat flour (36%), Organic whole rye flour (12%), Organic white bread flour (11%), Salt (1%)

### Pizza Crusts (323g/each)

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

### Raisin bran muffins (410g/half-dozen)

Organic whole-wheat pastry flour (25%), Pecan milk (23%: water, pecans), Water (19%), Target "Market Pantry" brand raisin bran cereal (17%:

whole grain wheat, raisins, wheat bran, sugar, corn syrup, malt extract, salt, molasses, annatto, reduced iron, niacin, zinc, vitamin A palmitate, citric acid, vitamin D, vitamin B6, vitamin B2, vitamin B1, vitamin B12, folate, vitamin E, and BHT), Vegetable oil (6%), NC Honey (5%), Fair-trade sugar (3%), Flaxseed, Baking powder, Lemon juice, Baking soda, Cinnamon, salt

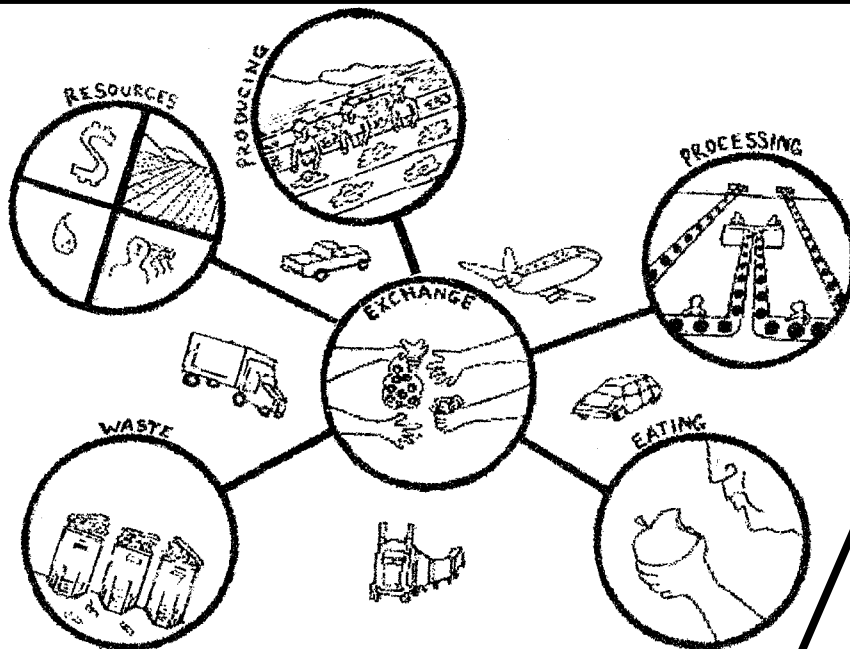
## How to use pizza crusts

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).

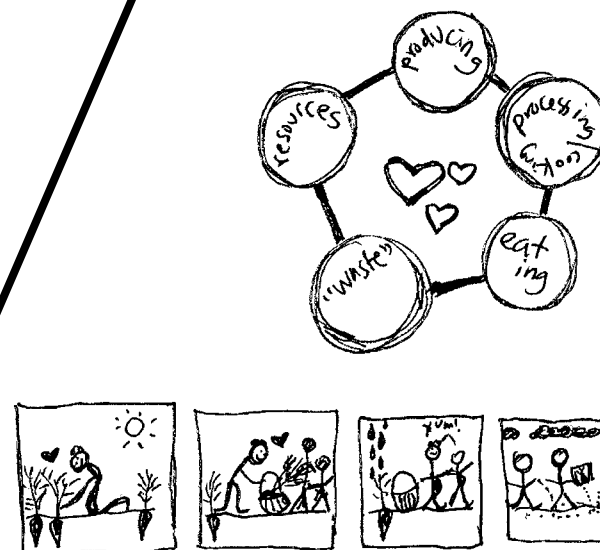
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## The food system we have (mostly)....

This graphic was created by the Center for Agroecology and Sustainable Food Systems Social Issues Team and Elliott Kuhn (graphic artist), 2004. We found it on the website of Philip H Howard, a professor at Michigan State University who does a lot of work about food industries and justice. See [www.msu.edu/~howardp](http://www.msu.edu/~howardp) for more of his work.



## What are the food systems we imagine?



what would you draw?