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Baking took longer than usual today because we had a leisurely lunch with one of the bakers from Ninth Street. Nice to trade baking advice! Also, a note from a few weeks ago -- we misprinted Kifu's cookie operation, it's actually called 'Kukia's Cookies'. A couple of big events this week:

- Saturday night is the Grand Blossoming Celebration at Vimala's Curryblossom Cafe!
- Next week, Durham hosts Rooted in Community, a national youth food justice conference.



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## What is [this] community?

Continuing our series of interviews with folks doing rad projects in and around Durham, today we talk with Laurel Ashton from the Youth Organizing Institute, a summer organizing school for youth in Wake County working against the School Board's re-segregation policies.

*Laurel, how'd this work get started?*

Well, we're part of Wake Education Advocates, which is a coalition of a bunch of different groups, put together by the NC NAACP. They're working on the larger picture of the issue of the resegregation of Wake County schools. They've got both a legal/lawyers section and a community organizing section. Within that, there's student organizing (which is us) and parent organizing.

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*What has been the most exciting part of your work so far?*

Definitely working with the students. It's just amazing what a fantastic group we have.

At first I thought "wow, we got this great group". But now I'm realizing that there's this underestimating of high school students and that all of them have a lot of capability. They're amazing organizers. It's been amazing learning from everybody. And it's exciting because; we had an idea of what we wanted this to look like but it's been a lot of their own creation and figuring out what their role was and a lot of them are doing things that i wasn't expecting.

*How can people get involved in fighting resegregation in Wake County?*

For one, there's gonna be a big march on the 20th in downtown Raleigh. Any young people that want to get involved, on the 15th there's a mass youth organizing meeting in Raleigh led by the Institute youth. Also; we need food and money donations for the institute, and if anyone has knowledge to share and they want to come do a workshop we'd love to talk about that as well. Contact us at: [actionforcommunity@gmail.com](mailto:actionforcommunity@gmail.com), or check [wakeyouth.wordpress.com](http://wakeyouth.wordpress.com) for updates.

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### 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

### Artisan Olive-Rosemary (770g/loaf)

Organic unbleached bread flour (39%), Durham county water (36%), Organic whole-wheat flour (17%), Kalamata Olives (9%), Rosemary, Salt

### Pizza Crusts

Water (36%), OG ww bread flour (29%), OG unbleached flour (29%), Olive Oil (3%), Salt, Yeast

### Blueberry muffins (465g/half-dozen)

Pecan milk (40%, water & pecans), OG ww pastry flour (29%), Cedar Grove OG Blueberries (11%), OG cornmeal (5%), Egg substitute (5%), NC Honey (4%), OG fair-trade sugar (3%), Vegetable oil (2%), Baking soda, Baking powder, Salt, Cinnamon

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## **Food justice \* food security \* food sovereignty**

What are they? How do they connect? Why are they important?

Recently we have been having conversations about food justice, food security, and food sovereignty – what they mean, and how they are used. Right now a lot of words associated with food get thrown around because talking about food is hip. But these concepts are real and really important. I understand food security to mean access to healthy food; whereas food sovereignty means that plus having community control & power to make decisions about all aspects of our food. Food justice is about conceiving of a food system(s) that provide for all, free from racism and other forms of oppression. This is a little bit of my understanding of that language that is being used in our movements, especially thanks to conversations with Tahz. We've been writing a bit in the zine about food systems, and industrial agricultural and how it impacts us – I thought it would be good to back up a little bit

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and talk about food sovereignty on a global (& local) scale. Here are some thoughts from Via Campesina, and the US Social Forum People's Movement Assembly.

### **from Via Campesina**

Food sovereignty is the RIGHT of peoples, countries, and state unions to define their agricultural and food policy without the “dumping” of agricultural commodities into foreign countries. Food sovereignty organizes food production and consumption according to the needs of local communities, giving priority to production for local consumption. Food sovereignty includes the right to protect and regulate the national agricultural and livestock production and to shield the domestic market from the dumping of agricultural surpluses and low-price imports from other countries. Landless people, peasants, and small farmers must get access to land, water, and seed as well as productive resources and adequate public services. Food sovereignty and sustainability are a higher priority than trade policies.

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## **Statement from the People's Movement Assembly on Food Sovereignty at the US Social Forum:**

A movement for food sovereignty – the people's democratic control of the food system, the right of all people to healthy, culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems – is building from every corner of the globe. ...

We... commit to re-building local food economies in our own communities, to dismantling structural racism, to democratizing land access, to building opportunities for the leadership of our youth, and to working towards food sovereignty in partnership with social movements around the world;

We call on others in the US to demand an end to the global land grab, to end both corporate and military land occupations, to demand fairer trade, aid and investment policies, land reform, and support for sustainable peasant and community agriculture and sustainable

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community fisheries;

We endorse actions that include: the liberation of land and water resources for the production of food and sustainable livelihoods; the creation of new structures for cooperative ownership of land and food production, processing and distribution; the integration of labor rights, immigrant's rights and food justice; the valuing of women as primary food providers, and the denouncement of false solutions and false partnerships addressing climate change, hunger and economic development;

We demand a world in which everyone has control over their food and no one has to put food in their mouth that hurts people or the environment.

**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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