



Welcome to subscription
season 3!

We are excited to have you with us on this baking and food justice journey. It is hot in the kitchen, but we made it through a day of fresh blueberries and tomatoes and pecans. We've made a bunch of changes to the structure of the subscription this season - and we are still working some of it out, so please bear with us!

We'll be making zines like this each week (usually longer) with ingredients, info about food

systems, comics, poems, stories and thoughts about how to build a better world and an anti-capitalist economy. This week, please be sure to check out the insert in your bread that gives an overview & update about the bakery needs.

Please call us anytime with questions, especially those of you who are new. And don't forget about the Bakery Assembly the afternoon of Sunday, September 12th!

Love,

Noah & Tim

What we baked...

Half-wheat sourdough sandwich (840g/loaf)

Water (36%), OG ww flour (30%), OG white flour (30%), veg oil (3%), NC Honey (1%), Salt

Whole-wheat sandwich bread (840g/loaf)

OG 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%), Stone house tomatoes harvested by Cristina (22%), Durham county water (17%), Organic whole-wheat bread flour (16%), Olive oil (2%), Fresh basil from the Stone House, Salt

Granola (447g/portion)

OG Rolled Oats (44%), OG Pumpkin Seeds (14%), NC Honey (12%), OG Sunflower Seeds (8%), Pecans (7%), Canola Oil (7%), OG Fair Trade Molasses (6%), OG Coconut Flakes (2%), Salt, Cinnamon, Cardamom

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

Bread Uprising Bakery
816 Yancey St., Durham, NC 27701
breaduprising@resist.ca
breaduprising.wordpress.com



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