



Dear Lexi,

Breathe deep baby girl, we won. Now life, though not exactly easier is life all the time. Not chopped down into billable minutes, not narrowed into excuses to hurt and forget each other. I am here with so many people that you love and their children and we are eating together and we are tired from full days of working loving but never too tired to remember where we come from. So I am writing you now.

Here in the future we have no money. We have only the resources that we in our capitalist phase did not plunder to work with, but we have no scarcity. You can reassure Julia that we have



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*Hi Bread Uprising Community! A few months ago for our anniversary, Julia and I did a self-directed course on internalized capitalism. Yeah..we're big anti-capitalist nerds. One exercise we did was to write a letter from our future post-capitalist selves to our right now, freaked-out-about-money selves. It was a really healing activity and we recommend it to everyone! Here is what I wrote.*

plenty of technology, where technology is the brilliance of making something out of anything, of making what we need out of what we had, of aligning our spirits so everyone's is on point so so much of the time that when one of us falls off, get's scared or caught up the harmony of yes yes yes we are priceless brings them right back into tune with where they need to be. We have the world we deserve and we acknowledge everyday that we make it what it is.

Everybody eats. Everybody knows how to grow agriculturally, spiritually, physically and intellectually. No one owns anything or anybody or even uses anything like a tool. Each everything is an opportunity and we are artists singing it into being with faith compassion, confusion, breakthroughs and support. It is on everyone's mind and heart how to best support the genius that surrounds us all. How to shepherd each of us into the brilliance we come from even though our experience breaking

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each other apart through capitalism has left much healing to be done. We are more patient than we have ever been... and now that our time is divine and connected with everything we have developed skills for how to recenter ourselves. We walk. We drink tea. We are still when we need to be. No one is impatient with someone else's stillness. No one feels guilty for sitting still. Everybody eats. Everybody is always learning how to grow.

Your heart sings everyday because your ancestors are thrilled with themselves aka all of us. Just breathing is like choir. And I have the presence of mind and the generosity to even be proud of the you that I was when you are reading this, back in capitalism with all of our fear, and scarcity-driven behavior contradicting and cutting down our visionary words. Counterpoetics right? I am proud of you for being queer. I am proud of you for staying present to the meaning of your beliefs and to

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the consequences of your actions even when they were crashing into each other everyday. I am proud of you for letting the tide of your revolutionary heritage grind your fear of failure and lack to sand. I love you. The me that I was.

But breathe this deep because this is the message. We did it. We rewrote the meaning of life with our living. And this is how we did it: we let go. And then we got scared and held on and then we let go again. Of everything that would shackle us to sameness. Of our deeply held belief that our lives could be measured or disconnected from anything. We let go and we retaught ourselves to breathe the presence of the energy that we are, that cannot be destroyed, but only transformed and transforming everything.

Breathe deep beloved young and frightened self and then let go. And you will hold on. So then let go again. With all the love the sky and the land and the water,  
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## Subscription Update

Season 3 is almost over - Next Monday, November 1st is the last day! We will be taking a one-week break (no baking on Nov 8th) and then we will start baking again on Nov 15th. Season 4 will run through the end of January. We'll be emailing & calling all current subscribers to see if you want to re-subscribe, and asking for your thoughts & evaluation about how this subscription was for you. After we have an accurate count of how much bread y'all want, we'll see if there is space for any new folks.

Also, we're really excited that, instead of baking more bread, next season we're going to be devoting our Thursday half-day bakery time to doing research, visioning, and planning about how to keep building a multi-racial and multi-class bakery. We will write more later, but if you have any resources, ideas, folks to talk with, or just wanna come visit some Thursday and talk things over with us we'd love to hear from you and definitely need the support!!

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## PROFILES IN BREAD SCIENCE: Yeast

What makes bread rise? Yeast!!!

Emily Buehler lists at least 12 different kinds of dough yeasts in her fabulous book on 'Bread Science'. They range from genus *Saccharomyces* (the most common) through *Candida* (also responsible for yeast infections) to *Hansenula*, *Pichia*, and *Torulopsis*. Bakers yeast, which you can buy at the store, is a single strain called *Saccharomyces cerevisiae* (also used for beer, as you might be able to guess from the name). In fact, until the mid-1800s, bakers usually used leftover yeast skimmed from the top of fermenting beer vats to make bread!

However, sourdough starters – like the one we use for our half-wheat sourdough – are complex symbiotic ecosystems made up of many different species of yeasts and bacteria, which perform different functions in processing the starches in flour into carbon dioxide (for leavening), and sugars, ethanol, and acids (for flavour). One of the really exciting things about



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sourdoughs is the fact that the mix of species in each individual starter culture is unique to where it started. Ecosystem dynamics help to keep out new species and maintain the same balance. For example the yeasts in many sourdough cultures are specific kinds which thrive in the acidic conditions produced by *Lactobacillus* bacteria in the starters, and are resistant to anti-fungal substances produced by the bacteria which would kill off other species of yeasts. Tim made our starter at his house his first week in Durham, and with constant care and feeding it's been going strong since then! If you want to make your own, ask us how...

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

### Oatmeal bread (761g/loaf)

Organic whole-wheat flour (43%), Water (34%),

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### Oatmeal bread (761g/loaf)

Organic whole-wheat flour (43%), Water (34%),

Organic white bread flour (12%), Cooked oatmeal (6%), Organic oats (3%), Honey, salt

### Granola (425g/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%), Salt, Cinnamon, Cardamom

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

Organic whole-wheat pastry flour (25%), Pecan milk (23%: water, pecans), Water (19%), Kelloggs raisin bran cereal (17%: whole grain wheat, raisins, wheat bran, sugar, high-fructose corn syrup, salt, malt extract, invert sugar, niacinamide, reduced iron, vitamin B6, zinc oxide, vitamin B2, vitamin B1, vitamin A palmitate, folic acid, vitamin D, vitamin B12), Vegetable oil (6%), NC Honey (5%), Fair-trade sugar (3%), Flaxseed, Baking powder, Apple cider vinegar, Baking soda, Cinnamon, salt

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

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