



Oct 11, 2010
4:56 PM

Hey everyone! It's another lovely fall day.. we had lazy last-days-of-summer lunch outside in the front yard with Mikel and Jagmeet.

Anna Lena's helping out some with the 'zine this month. We met and talked on Saturday morning about how we'd like to have little profiles of subscribers in the zine. These are some of the questions we'd like to ask you. If you care to answer, let us know!

- What does the bakery mean to you?
- Why is it important to you?
- What role does it play in your life?
- What's your vision for the kind of economy



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- What does the bakery mean to you?
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- What's your vision for the kind of economy

you would like to be part of?

- Is there a choice or an effort you've made, in service to creating that economy, whose impact in your life you appreciate?
- What's your favorite bread?

slightly mushrooms from jagmeet!



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

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

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Leftovers bread (775g/loaf)

Dough scraps (34%, may contain carrots, raisins, pecans, oats, bulghur, cinnamon), Water (34%), OG ww flour (16%), OG rye flour (9%), OG cornmeal (6%), raisins, salt

Manju's Love granola

rolled oats (OG), pecans (local), pistachios, shredded coconut, raisins, dried currants (OG), dried apples (OG), Vietnamese cinnamon, dried ginger powder, nutmeg, flax meal (OG), pumpkin seeds, sunflower seeds, expeller-pressed coconut oil (OG), Vermont maple syrup, lots of revolutionary love. and honey!

Pear-Ginger Muffins (436g/half-dozen)

OG whole-wheat pastry flour (27%), pears from Monica's yard (27%), NC pecan milk (21%), NC wildflower honey (10%), OG cornmeal (8%), Vegetable oil (4%), Apple cider vinegar (2%), Candied ginger, fresh ginger, baking soda, salt, baking powder, powdered yeast.

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PROFILES

IN BREAD

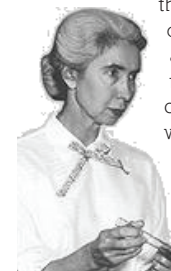
SCIENCE:

Xanthan gum was discovered by Allene Rosalind Jeanes in the 1950s as part of a USDA initiative to discover and test new potential food additives. Jeanes first major discovery was a thickener for artificial blood plasma used in the Korean War. She isolated Xanthan gum from a bacteria that grows on veggies like spinach and cabbage and makes them black and slimy (black rot).



Xanthan gum

Xanthan gum's main use is as a thickener – it keeps salad dressings thick and emulsified and is one of the additives that make some commercial ice creams holds their shape even while they melt. We use xanthan gum as a gluten substitute in gluten-free baking, to add body and thickness to the dough.



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“Living Well by Living Within Our Means”

One of the things I've loved about Bread Uprising (besides the good company and the bread itself) is the opportunity it's provided me to think about economies, value and work. In season one, we talked a lot about the difficulties of creating a noncapitalist system in the midst of all the constraints—like the necessity of paying rent in dollars—that corral us into a fixed-value, goods-based, monetary economy. In the small and somewhat discrete parts of my life where I have managed to move away from the monetary and toward the community—like playing music for a dance class in exchange for taking dance classes—I have felt a deeper sense of connection and gratitude. But I had hardly taken the time to imagine doing that more broadly, because it seemed so hard. Even beginning to think that way, I can hear the internalized accusations—you're an idealist! You can only afford to think about alternatives to capitalism/new economies because you're coming from a place of privilege! But I've felt for a long time

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that it's most productive to see privilege as a responsibility—having a steady income (to name one aspect of my own privilege) and thus some amount of certainty about my baseline needs gives me the opportunity to experiment with alternatives, and that opportunity is really a responsibility.

I've been reading a book by economist Thomas Princen called *Treading Softly: Paths to Ecological Order*. I take it on the bus with me when I ride to work, and I frequently have to pause and look out of the window because the ideas are so clear and so exciting. It's pretty abstract and big-picture, but I have been really captivated by it, so I thought I'd share some ideas from it about work.

One of the shifts Princen envisions is one from a consumerist economy, where people are defined by what (and how much) they buy, to a producerist economy. In such an economy, people could think of themselves as makers, and define what they made or did by what they were best at—what used to be called a “calling.” Where, in a consumer economy, we

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are encouraged to get jobs that give us the most income, in a producerist economy, we would be limited by fit. The ability to choose the work we're best suited to means we might not be able to maximize how much we earn. Maybe a scary thought, maybe good.

Then there's service. A producer, Princen says, “make[s] items they deem useful to others. Notably, this judgment is made by the producer, not, as in the belief system of the contemporary consumer economy, by the sovereign consumer.” So the producer is accountable to her community but is self-determined, trusted to make good decisions about what she makes.

And finally, there's a commitment to the future. Princen notes that this was once construed as service to God, but that we might think of it as service to the “long-term welfare of present and future generations.” So the producerist does his work in ways that keep social and ecological justice in mind.

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All this adds up to something Princen calls “living well by living within our means.” Although his perspective is primarily one

of ecological sustainability, and although he betrays some flaws in his thinking (around gender, especially, I noticed), I'm finding it really useful to imagine how these ideas might play out in my own life, and the small (but growing) degree to which they already are.

I was talking about this with a friend of mine recently, and she said, what about people who have tried this but failed? We could both think of a few examples of this. In each of them, I think, the problem was that the producerist was operating in a consumerist system. So it's back to our question from season one: How do we move toward being producerists while constrained by the capitalist structures we currently inhabit? I am thinking of it, for now, as leaning. If I lean toward the ways of being and acting that support a producerist economy, and if people in my community do also, it could be possible to support each other in that. Like if you leaned a bunch of baguettes up against each other, they all can stand up, and if you stood in the center of those baguettes, think how warm and good it would feel!

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