



Noah and I were at UNC last Wednesday to table for the bakery. We brought muffins made with sweet potatoes from the Two Ton Farm urban farm in East Durham that Melanie & Kifu helped start (Melanie was tabling a few seats down from us as well). Some of y'all know how free food goes on college campuses! We didn't want to charge for the muffins, but they also felt precious: we knew how much had gone into the land at Two Ton, and had smelled the warm smells in Lauren's kitchen while she and Rachel V. roasted them to make sweet potato puree. We didn't want to charge for the muffins, but needed some way to communicate that they weren't free, either. Some food for thought...

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How to Make a Bread Uprising: An introduction to our community bakery, Part II

Last week we talked about how in an anticapitalist world, money would not determine the resources people have access to and how the bakery strives to realize this ideal. "In such a world, everyone is taken care of no matter what," Tim concluded. Who doesn't want such an economic model—one that provides everyone with food, shelter, access to health care? Perhaps it's not so much of a question of what people want, as much as what people believe is humanly possible. Under the capitalist economic model, people are fundamentally motivated to work by the need to make money, which enables them to buy the goods and services necessary to survive. But in the anticapitalist model, such a fundamental motivation would not exist because the basic requirements for survival are provided for. So what would motivate people to do "work," especially the less glamorous sort of work like picking up trash or filling in cavities?

I Walk in the History of My People by Chrystos

There are women locked in my joints for refusing to speak to the police
My red blood full of those arrested, in flight, shot
My tendons stretched brittle with anger
do not look like white roots of peace
In my marrow are hungry faces who live on land the whites don't want
In my marrow women who walk 5 miles every day for water
In my marrow the swollen faces of my people who are not allowed
to hunt
to move
to be

In the scars on my knee you can see children torn from their families
bludgeoned into government schools
You can see through the pins in my bones that we are prisoners of a long war
My knee is so badly wounded no one will look

The cynics of human nature would imagine that for many people, there would be no motivation. But human nature is a tricky thing to pin down. Tim admitted, "I don't know how human nature really is. Emma Goldman said that if you study animals in captivity, they behave very differently than in the wild. The idea is, what is human nature? It is very different depending on context. Human nature for a person stuck living in a tiny room, without time, without friends, is going to be completely different than for a person who has access to these things. I think human nature shifts as we start to have more control over our lives."

Although I do not claim to understand human nature or be able to predict how it will behave in an anticapitalist economy, I do know that every day I see people doing dirty jobs out of love: washing dishes, changing diapers, cleaning up cat vomit, to name a few. Baking for forty households is no easy or glamorous task either and Tim stated that if he had to bake forty loaves of bread for Food Lion every week, they would have to pay him a lot of money. "But if I make forty loaves of bread for people I know and love,

at it
The pus of the past oozes from every pore
The infection has gone on for at least 300 years
My sacred beliefs have been made pencils, names of cities, gas stations
My knee is wounded so badly that I limp constantly
Anger is my crutch
I hold myself upright with it
My knee is wounded
see
How I Am Still Walking

-in 'This Bridge Called My Back' and 'Not Vanishing'

For many of us, Thanksgiving is a time of gathering, eating, and giving thanks for our loved ones and the fall harvest. For me, it is also a time of mourning and honoring the indigenous people who live and have lived on this land.

Since 1970, United American Indians of New England have organized a National Day of Mourning on the US Thanksgiving Day. They hold a public event at Plymouth Rock, which is

the question becomes, do I have the time and resources to do it and still pay my rent and eat?" Would our society be healthier if people chose to do work on behalf of those they loved than out of a need to survive? My intuition says yes, but who really knows until we try?

Just some food for thought.

Love,
Smadar

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

Pecan raisin bread (814g/loaf)

Water (32%), Organic Whole Wheat Bread Flour (27%), Organic White Bread Flour (21%), Organic Whole Rye Flour (7%), Organic Raisins

thought to be the landing place of the European colonists who arrived on the Mayflower ship.

"Many Native Americans do not celebrate the arrival of the Pilgrims and other European settlers. Thanksgiving day is a reminder of the genocide of millions of Native people, the theft of Native lands, and the relentless assault on Native culture. Participants in National Day of Mourning honor Native ancestors and the struggles of Native peoples to survive today. It is a day of remembrance and spiritual connection as well as a protest of the racism and oppression which Native Americans continue to experience."

-UAIINE's statement about the Day of Mourning
(www.uaine.org):



(7%), NC Pecans (5%), Salt (1%)

Applesauce Muffins (415g/half-dozen)

ingredients: organic whole wheat pastry flour (33%), NC apples (32%), Pecan milk (18%), NC Honey (12%), Canola oil (3%), Apple cider vinegar (2%), Baking Soda, Cinnamon, Ginger, Salt, Citric Acid, Cloves, Nutmeg

White dinner rolls (535g/10 rolls)

Organic white bread flour (63%), Water (36%), NC Honey (3%), Vegetable oil (3%), Salt, Yeast

Granola (made by Manjul)

Contains: NC pecans, Organic oats, NC honey, Organic raisins, Organic sunflower seeds, Organic pumpkin seeds, Organic flaxseeds, and some other things...

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