



Happy Bake Day, Y'all!

After lots of errands, rain, resting, baking, and writing, the bread is ready!

In this zine, you'll find ingredients lists for the bread, information about the history of sugar, and "interview tag," in which bakery subscriber Jagmeet interviews fellow subscriber Beth.

-Noah & Tim

Profiles in Bread Science: Sugar

Faced with writing this article, I reached for a sip of black coffee. For almost all the time that I've done intellectual work in the university and as a consultant, coffee has been essential to making that work possible and (at times) bearable.

If I were anything like the average US resident, I'd be sipping something sweeter. Folks in the United States consume, per capita, about 1/2 cup of added sugar every day. Sugar consumption in the United Kingdom went from about 4 lbs per person per year in 1700 to 145 lbs in 2000. Why? How? Even with that coffee all I can write here are little pieces of a collage.

#1: Colonialism -- Sugar was a rare commodity until European invaders built massive plantations in the Caribbean and Brazil to produce large quantities of sugar for the newly-growing consumer market. Appropriately, Christopher Columbus was actually the first person to bring sugar-cane plants to the Americas. Sugar plantations consumed so many lives and resources

Bread Uprising Member "Interview Tag": Jagmeet Mac Interviews Beth Bruch

Frazzled Jagmeet calls sleepy Beth late Wednesday night to interview her about Bread Uprising and get to know her a little better. What follows are little pieces of that conversation.

J: So, to start, what's your favorite kind of bread?

B: Oh, it's gotta be the rosemary olive bread.

J: How would you describe Bread Uprising to someone who doesn't know what it is?

B: Ooooh . . .

J: I know, I was asked this question too and it was a tough one for me. [laughter]

B: Bread Uprising is a fantastic, amazing bakery that seeks to exist outside of capitalism. A multiracial space, a queer-straight space, a multi-income space, and [one] that is doing a lot of creative stuff—has zines with the bread—and is very tied in with the neighborhood and the community that it's in, and seeks to be even more so. It's a bakery that is soul-searching

around class issues in particular at the moment, but I think it's a bakery that does a lot of soul-searching in general, which is one of the things that I love about it.

J: And how have you been involved in the bakery?

B: I have been a subscriber. I have eaten lots of bread and I have attended some Bread Team assemblies, and most recently have become a member of the Bread Team. I'm just sort of starting to get my feet wet in that role.

J: Jumping to how Bread Uprising works, the model of the way exchange, or not-exchange—how that works within the bakery—how does that work for you?

B: Um . . . I don't know—sort of to answer a different question, like how does it work on me? [laughs]—I think it's been really good for me to try to get out of that "this-for-that" mentality. So I started with that at first. I guess tried not to think about giving x amount of money for y loaves of bread, but especially when we

sort of switched the subscription model over a little bit to just be, "Okay, I'm gonna give money toward Tim and Noah's rent and see other ways that I can help out too," which is pretty cool. And I think it's worked well for folks, and I struggle with concerns that we're not always meeting the bakers' needs, but I still think it's a great way to do stuff. Hopefully we'll strike the balance between getting everybody's needs met in a way that feels sustainable and a way that values people.

J: Can I shift and ask you about you as a person? What kind of things are you into? What do you do with yourself apart from Bakery stuff?

B: I work at an architecture company and I really have been enjoying classes that people in my community teach. A lot of times, that's been another bakery member, Alexis. Alexis teaches amazing classes around black feminist foremothers. Another friend, Joe Gindi, has been teaching classes around different aspects of Judaism that I've also enjoyed taking.

that they ended up spawning new land grabs, particularly in the Southeastern United States. Here in NC, colonial settlers brought large herds of cattle to graze the Piedmont; the resulting meat was exported to the Caribbean to feed sugar plantations.

#2: Cultural appropriation -- Like coconut oil or quinoa these days, sugar in Europe from maybe 1200 to 1600 was the next hot 'exotic' trend. The high price and status attached to such a difficult-to-produce spice (it was, at one time, referred to as 'sweet salt') helped drive industrial innovation in the sugar-production process on the one hand, as well as the seizure of lands and people on the other. These days, 'fair trade' sugar is the hot commodity and acres upon acres of previously-unfarmed land in Uruguay and Paraguay are being converted to 'fair-trade, organic' cane plantations to satisfy the West's growing need for not only caloric but also emotional satisfaction.

#3: Capitalism -- Before the industrial revolution in the UK, mild beer was a common beverage, used throughout the workday to supplement an often meager diet and give folks the strength

to do farm work. Alcohol + heavy machinery do not mix, however, and so tea sweetened with lots of sugar or bread spread with sugary marmalade became the snacks of choice for folks needing the energy to keep up with the fast pace of the assembly line. So while sugar was a luxury good in feudal Europe, the industrial revolution made it a necessity -- one of many techniques folks came up with to survive under and resist the physical stresses of capitalism.

What We Baked Today:

Peach Muffins (400g/half-dozen)

Canned NC peaches (45%), Organic whole-wheat pastry flour (26%), NC pecan milk (13%), Organic cornmeal (7%), Organic flaxseed "eggs" (4%), NC wildflower honey (2.6%), Vegetable oil (1.5%), Baking powder, baking soda, cinnamon, salt, citric acid.

Whole Wheat Sunflower (840g/loaf)

OG whole wheat flour (53%), Water (34%), OG Sunflower Seeds (4%), Vegetable oil (3%), NC Honey (3%), Fair-Trade Molasses, Salt, Yeast

Dilly carrot bread (740g/loaf)

Water (34%), OG Unbleached bread flour (28%), OG Whole wheat bread flour (20%), OG carrot (9%), OG cornmeal (3%), Dill seed, Oregano, Salt, Dried dill weed

Herbed foccacia (580g/portion)

Durham water (29%), OG ww flour (24%), OG white flour (24%), Onions (7%), NC Farmers Market tomatoes (5%), Olive oil (4%), Capers, Pizza seasoning, Salt, Yeast

Pretzels (150g/4 pieces)

Organic high-gluten white flour (57%), Water (35%), Vegetable oil (3%), Organic whole-wheat flour (2%), Yeast, NC Honey, Salt

Gluten Free Bread (750g/loaf)

Water (41%), OG brown rice flour (15%), Whole-grain millet flour (11%), Potato starch (10%), Corn starch (9%), Tapioca flour (7%), NC honey (5%), canola oil, yeast, salt, xanthan gum

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