



**Feb 28, 2011 3:54 PM** First bake-day of the new season!! We are in a joyous spring-time

mood today and the bread is as well. Busy figuring out logistics for the upcoming season and searching out sources for bulk, non-GMO cornstarch. Speaking of GMO corn, this week's 'zine features part one of a special article from our new Oaxacan correspondent!

Also remember to invite your friends to join the bakery!! We still need 10-20 new members this season. The form is online at [tinyurl.com/bread-uprising-season5](http://tinyurl.com/bread-uprising-season5)

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## Interview with 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,

On January 13, 2011, in the central-Mexican state of Tlaxcala, small farmers and their allies won a major battle over the future of food and agriculture in their small state.

-Tony Macias,  
Oaxaca



They passed a law protecting local, native corn varieties from unfair competition and contamination from genetically-modified and imported varieties. This has big implications in one of the regions where corn was first created by indigenous peoples, but which now imports genetically-modified corn.

Rural Tlaxcala communities have faced a number of problems: Because of poor soil-management practices and deforestation, over 1/3 of Tlaxcala is in a state of extreme erosion. Many families in the state suffer from obesity and poor nutrition because of lack of access to local, healthy food sources and a ready availability of junk food. Gender inequality is rampant, and because of lack of economic opportunity, many young people

leave rural communities in search of jobs. With their sights set on lucrative international markets, the Mexican government and transnational corporations have sought for years to convert traditional farming practices into a costly industrial process that relies on the heavy use of machinery, artificial petroleum-based fertilizers, and pesticides.

Genetically modified organisms (GMOs) have long been criticized and distrusted by farmers around the world as they put at risk both the biodiversity of a place and the health of its people. As many studies have shown, native corn is particularly susceptible to cross-pollination and contamination by GMOs. Scientists have shown that the resulting hybrid breeds may overrun indigenous crops, thereby leading to their extinction. In a 2001 study published in *Nature*, researchers found traces of transgenes in corn samples from the Sierra Juarez in Oaxaca. A 2004 university study commissioned by local activists showed evidence of GMO contamination of corn seeds in Tlaxcala, presumably from farmers' unintentional introduction of hybrid seeds sold by Monsanto and Aspro. **To be continued...**

### Whole-wheat sandwich bread (840g/loaf)

OG ww flour (57%), Water (35%), Vegetable oil (4%), NC Honey (2%), FT Molasses, Salt, Yeast

### Multi-grain sourdough loaf (779g/loaf)

Ingredients: Organic whole-wheat flour (43%), Water (41%), OG whole rye flour (3%), OG oats (1.5%), OG buckwheat (1.5%), OG rye berries (1.5%), OG quinoa (1.5%), OG flaxseed (1.5%), OG sunflower seed, OG barley, salt OG pumpkin seed, OG poppy seed

### Mulberry muffins (462g/half-dozen)

Ingredients: Pecan milk (32%: water, NC pecans), Organic cornmeal (22%), Organic whole-wheat pastry flour (21%), Durham mulberries (11%), NC honey (7%), Canola oil (5%), baking powder, baking soda, salt, cinnamon, lemon juice

### Granola (525g/portion)

OG oats (60%), NC Honey (6%), Sunflower seeds (6%), OG raisins (5%), Dried cherries (5%), Canola oil (5%), NC Pecans (4%), OG fair-trade molasses (3%), OG pumpkin seeds (3%), Salt, Cardamom, Cinnamon

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 teaching amazing classes around black feminist foremothers. Another friend, Joe Gandy, has been teaching classes around different aspects of Judaism that I've also enjoyed taking.

### Half-wheat sourdough sandwich (840g/loaf)

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