



Hey all! I'm baking alone this week, which has been just-barely manageable. The bread smells delicious. Noah's working hard at the Stone House cooking food for a retreat group, and we're both buzzed from yesterday's amazing May Day festivities (see the reverse). Jana is helping with dishes right now!!! Better run back to the kitchen and start packing orders

Hola tod@s! Esta semana trabajo solo, porque Noah esta cocinando toda la semana en 'the Stone House', en Mebane. El pan oele delicioso. Estamos trabajando mucho, pero hemos ganado mucha energia de la fiesta ayer del día de los trabajadores. Ahorita, Jana esta ayudando por lavar los platos -- tengo que irme hasta la cocina y enpacar el pan! Hasta la cocina siempre!!!

A garden calendar / Un calendario para el jardín

[En lugar de traducir este calendario esta semana, lo vamos a poner de nuevo en español la semana que viene]

Noah, Paola, Allan, Suriyana and I have been working hard these past few weeks getting summer crops in the ground, and I know many of y'all have as well at your own gardens. With summer in the air, here are a few notes about vegetables that we've had good luck with in the past. Also, come by the bakery or get in touch with us if you need (or have) extra seeds or seedlings, and we can try to hook you up!

What	Time to harvest	How to plant
Okra		Make little hills (4" diameter) and sow one seed in each hill. Okra likes lots of sun and can tolerate dry conditions. Harvest pods when they're 3-5" long while they're still tender. Keep picking the pods whenever they're ready, since if pods get old and big on the plant it will think it's done for the season and stop producing.
Corn	3 months	Plant seeds with about one foot between them. Interplant corn with beans and squash. Watch out for worms!
Beans	2-3 months	Soak seeds overnight before planting. Plant about 6" apart. Pole beans need something to climb on!
Tomatoes	2-3 months	Plant seedlings ASAP (give us a call if you need some extras). Plant plants at least 1' apart. Stake plants for support.
Peppers		Plant seedlings ASAP, at least 18 inches apart. Once peppers form (especially bell peppers), shade them from direct sunlight or else they'll burn and get brown, papery spots.
Cucumbers		Plant seedlings ASAP (we have extra if you want them), about 10" apart. Build a big trellis for the vines to climb up as they grow (maybe with a nice place to sit in the shade behind it?). Make refrigerator pickles: half-fill a big jar with equal parts vinegar and water and 1/2 to 1 T of salt per cup of water. Add spices like bay leaves, mustard seed, basil, garlic, onions, cloves. As you harvest cucumbers (or okra, or carrots), cut them up into chunks and toss into the jar. Keep the jar going all summer -- pickles will keep long into the winter if you don't eat them all first!



Fiesta del Primero de Mayo, 2011



Marcha alrededor del parque, acompañado por música de 'Newsies'

"the may day community gathering was a beautiful example of the world i want to live in. there was food and music, kids of all ages playing and dancing, people coming together across race and language and culture. there was interpreting and shared work and impromptu break dancing. we seized the may day with the brilliant leadership of youth and women of color, and celebrated the power of the people in durham. so many different communities joined to lift up the values of self-determination and sovereignty. we broke down borders and broke bread. we are strong when we are together, because "the people united will never be defeated." -Carly

May Day 2011

el reunión comunitario del primer de mayo fue un buen ejemplo del mundo en que quiero vivir. Había comida y música, niños de todas edades jugando y bailando, personas juntándose a través de raíz y idioma y cultura. Había interpretación y trabajo compartido y un baile improvisado de breakdancing. Aprovechemos el primer de mayo con el liderazgo brillante de los jóvenes y mujeres de color, y celebremos el poder del pueblo de durham. Tantos comunidades distintos se juntaron para levantar los valores de autodeterminacion y soberanía. Derribemos las fronteras y compartimos el pan. Nos fortalecemos, porque "El pueblo unido jamás será vencido " -Carly

At least 250 people attended, and there was food for all!



What We Baked This Week/Los Ingredientes del Pan:

Half Wheat Sourdough (840g/loaf) Pan Medio Integral de Levadura Natural

Agua (36%), Harina Integral Orgánica (30%), Harina Orgánica (30%), Aceite Vegetal (3%), Miel de Carolina del Norte (1%), Sal

WW Sandwich (840g/loaf) Pan Integral (840g/pan)

Harina Integral Orgánica (57%), Agua (35%), Aceite Vegetal (4%), Miel de Carolina del Norte (2%), Melaza, Sal, Levadura

Pan de batata con pepitas / Sweet potato bread with pumpkin seeds

OG white bread flour (32%), Water (25%), Mashed sweet potatoes from Two Ton farm (16%), Organic whole-wheat bread flour (14%), Toasted pumpkin seeds (11%), Salt, Cumin

Muffins de manzana con nueces / Apple muffins with roasted pecans

Organic whole wheat pastry flour, NC apples, Pecan milk, NC Honey, Roasted pecans, Canola oil, Apple cider vinegar, Vanilla, Baking Soda, Salt, Citric Acid

Gluten Free Bread (750g/loaf) Pan Sin Gluten (750g/pan)

Harina de mijo (11%), almidón de pap (10%), almidón de maíz (9%), Yucca harina (7%), Miel de Carolina del Norte (5%), Aceite vegetal, levadura, sal, goma guar

Granola (447g/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

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