

Season 6, Week 10
August 8, 2011 12:52 PM

No 'zine this week! We are both tired, and a teensy bit burnt out. <3 to everyone, and especially to Alexis & all the participants of Juneteenth Freedom Academy Summer Intensive, Afiya and Naeemah as she heads off to college, and Serena for finishing her dissertation draft! Until next week...

El 'zine no sale esta semana, porque estamos cansaditos de otro trabajo. Abrazos a todxs, y especialmente a Alexis y lxs participantes del 'Juneteenth Freedom Academy Summer Intensive', a Afiya y su hija Naeemah quien se va a la universidad esta semana, y a Serena, quien acabó el primer revisión de su tesis.

What we baked! / El pan de la semana

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

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

Whole Wheat / Pan Integral (840g)

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

Sweet potato / batata muffins

OG ww pastry flour (24%), pecan milk 20%, sweet potato puree from two ton farm (18%), OG cornmeal (10%), nc honey (6%), canola oil (6%), coconut milk (4%), nc pecans (4%), og fair trade molasses (4%), vinegar (3%), baking powder, salt, cinnamon, ginger, cloves, nutmeg

Granola (435g c/u)

Avena orgánica, miel del carolina del norte (12%), aceite vegetal (10%), pepitas de girasol (7%), pepitas (5%), nueces (5%), melaza (4%), sal, canela, garam masala.

Pan Artisanal con Pasas y Nueces (732g/pan) / Pecan Raisin Bread (732g/loaf)

Agua (32%), Harina Integral Orgánica (27%), Harina Orgánica (21%), Harina de Centeno Orgánico (7%), Pasas Orgánicas (7%), Nueces de Carolina del Norte (5%), Sal (1%)

Bread Uprising Bakery
816 Yancey St., Durham, NC 27701
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<http://breaduprising.wordpress.com>

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