

Season 6, Week 7

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After much trial and tribulation, here is this week's zine! Enjoy!

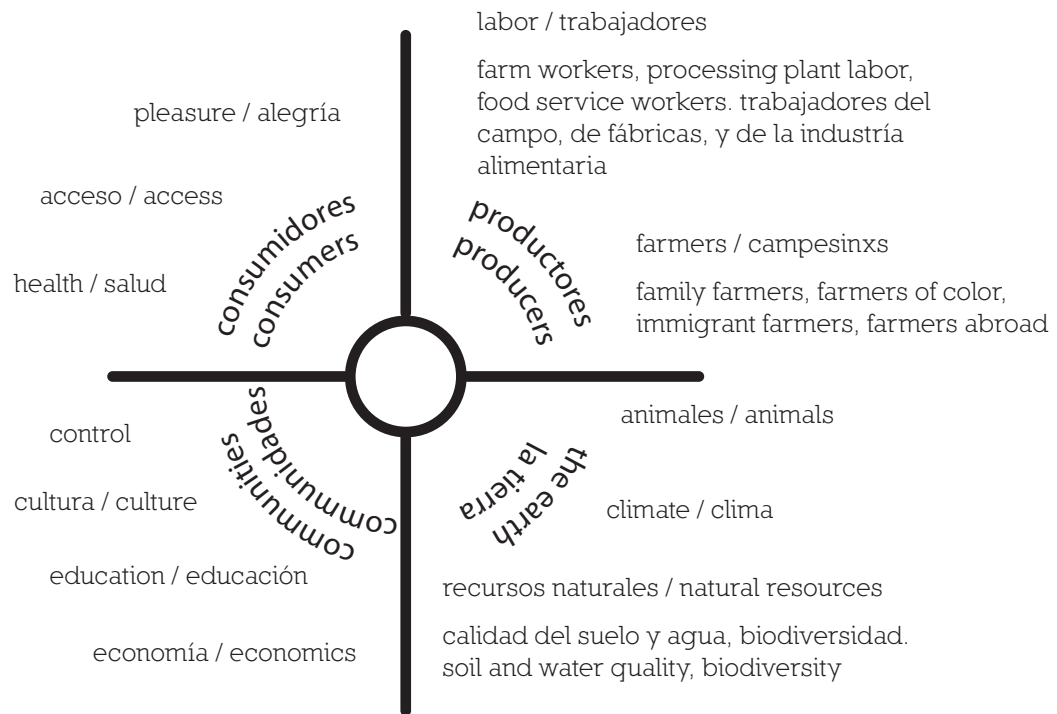
Aquí está la revista de este semana.

¿Que es la Comida Real?

Alimentos que Nutren a:

What is Real Food?

Food Which Truly Nourishes:



Thanks to Tahz for sharing this graphic with Noah last week. The original is from The Food Project in Boston, but we've adapted it to fit in the zine.

Gracias a Tahz para compartir este gráfico con Noah. Viene de The Food Project en Boston, y lo adaptamos aquí.

Workshopping Food Sovereignty by Noah / por Noah

Talleres sobre la soberanía alimentaria: el Viernes pasado, yo facilité un taller para los jóvenes del Grilled Cheese Bus. Hablamos de la sistema alimentaria y como encontramos con la soberanía alimentaria.

This past Friday, I did a workshop for the staff of the Grilled Cheese Bus. There are 6 high-schoolers working on the bus this summer, and they also have trainings on a variety of justice issues, as part of their work. I was so inspired by their insights and their commitment to justice for all.

We started out with an overview of the idea of a "food system," looking at cycles of Production, Processing, Distribution, Eating/Consumption, and Waste. We shared a lot of stories about who we see at each of these places -

who is impacted, and who is making decisions about the food system (usually not the same people). I talked about the bread uprising in Egypt in 1977, one of the first popular rebellions against neoliberal economic policies; one of the youth shared about family members who work at the Smithfield Pork plant.

Then, we moved to Food Sovereignty, starting with the definition from the US Social Forum People's Movement Assembly on Food Sovereignty. We talked about where we see ourselves in the food system and what food sovereignty means for us personally. I shared about what we are doing in the bakery, and the importance of having solidarity across the food system - that sovereignty happens on individual, community, and global scales. I'm looking forward to talking with them

more, and also spending more time fleshing out this curriculum.

Rye Flour (20%), OG Pumpkin Seeds (9%), Rye Berries (4%), Salt, Yeast

Apple Raisin Muffins - Muffins de Manzana con Pasas

Apple Sauce (45%), OG Whole Wheat Pastry Flour (45%), Pecan Milk (25%), NC Honey (15%), OG Raisins (9%), Canola Oil (5%), Apple Cider Vinegar, Salt, Citric Acid

Love Granola

Lindley Mills organic oats, local pecans, pepitas, cranberries, cherries, raisins, organic coconut oil, maple syrup, honey, brown sugar, vanilla, nutmeg, allspice, clove, sea salt.

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

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

Pumpkinseed Rye / Pan de Cénteno con Pepitas ()

Water (41%), OG Whole Wheat Bread Flour (22%), OG White Bread Flour (22%), OG Whole

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