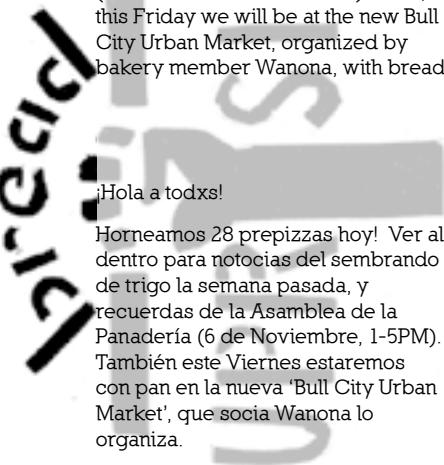


Hi everyone!

We just baked 28 pizza crusts! Look inside for a report-back on our wheat-planting adventures, and don't forget about the Bakery Assembly (November 6th from 1-5PM). Also, this Friday we will be at the new Bull City Urban Market, organized by bakery member Wanona, with bread!

¡Hola a todxs!

Horneamos 28 prepizzas hoy! Ver al dentro para noticias del sembrando de trigo la semana pasada, y recuerdos de la Asamblea de la Panadería (6 de Noviembre, 1-5PM). También este Viernes estaremos con pan en la nueva 'Bull City Urban Market', que socia Wanona lo organiza.



By the numbers | Según los numeros

To plant 1/10 of an acre of wheat, we used:

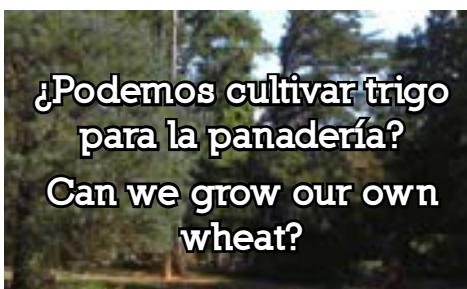
- 20lbs of NuEast seed from Foundation Seed Services in Zebulon, at \$0.50/lb
- 6 40lb bags of lime (applied to balance the acidity of the soil), at \$4/bag
- 1 28lb bag of rock phosphate (because we didn't have time to add manure), at \$22.99
- About 4 hours of work from 4 people, to dig in the lime and phosphate, spread the seed, and level out the land.

Ideally, we'll be able to harvest about 200lbs of wheat, which is enough for 4 or 5 bake days of the CSB!

Para sembrar 1/10 de un acre (0,04 hectareas), usamos

- 20 lbs de semillas 'NuEast', comprado de Foundation Seed Services en Zebulon. Precio \$0.50/lb
- 6 bolsas de 40lb de cal, para equilibrar el acidez de la tierra. Precio \$4 la bolsa
- 1 bolsa de 28lb de fosfato, porque no tuvimos tiempo encontrar abono. Precio \$22.99
- 4 horas de trabajo de 4 personas, para cavar la tierra, esparcir semillas, y cubrirlas

Idealmente, vamos a poder cosechar 200 lbs de trigo, que es suficiente para 4 o 5 días del CSB!



El martes pasado, sembramos trigo en un campo al lado de la casa de Zelda, una miembra de la panadería quién vive cerca de Hillsborough. Ayudaron otrxs miembrxs, y también el hermano de Noah (quién trabaja como granjero) y un vecino de Zelda quién labró la tierra con su tractor.

Last week, we planted wheat in a field by Zelda's house (Zelda is a member of the bakery who lives out near Hillsborough). We had lots of help from bakery members Chelsea, Jess and Themis, as well as Noah's brother Danny, who works as a

farmer and one of Zelda's neighbors who disked the land for us with his tractor.

We don't expect to harvest too much wheat this first year (see the next page for some estimates of the cost and yields), but we're excited about this as an experiment in building capacity in the bakery to grow more of our own food. And also as a challenge. Now that the wheat is in the ground we have to seek out folks who know how to harvest it, to refine it, and to mill flour!

No esperamos cosechar bastante trigo este primer año (en la proxima pagina calculamos la cantidad posible), pero nos entusiasma como experimento en capacitarnos para cultivar más comida. También es un desafío para la panadería. Ahora que las semillas están en la tierra, tenemos que encontrar gente que sepa cosecharlo y molerlo!



Aprendimos del hermano de Noah como usar un espardidor de semillas / We learned how to use a seed spreader from Noah's brother



Celebrating a hard day's work / Festejamos un día de trabajo



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

Zucchini muffins / Mufines de calabacita

NC zucchini (33%), OG ww pastry flour (30%), Orange county honey (20%), OG cornmeal (10%), Canola oil (5%), NC pecan milk (5%), Vanilla, Baking powder, Baking Soda, Salt, Nutmeg, Ginger

Olive bread / Pan artesanal con aceitunas (765g)

OG 14% White flour (39%), (Water

(35%), OG ww bread flour (16%), Olives (7%), Olive oil (2%), Rosemary, salt

Pizza crusts / Pre-pizzas

Durham county water (38%), OG 14% white flour (29%), OG ww flour (29%), Olive oil (3%), Salt, yeast

Bread Uprising Bakery

816 Yancey St., Durham, NC 27701

breaduprising@resist.ca

<http://breaduprising.wordpress.com>