

Season 9, Week 11 June 25th, 2012 - 5:11pm

It's been a busy weekend for the bakery! This Saturday, we harvested our first wheat crop! We still need to thresh it, so we don't know exactly how much we've got, yet. We planted 1/10 of an acre of wheat on Zelda's land in Hillsborough, and it has been growing since last fall. Despite the rain on Friday evening, the wheat had dried out enough and we had a great crew out there cutting the wheat and laying it on old sheets - we'll let it dry inside for a few more weeks.

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at Sarah, Valencia, and Amos' house in Efland. We had a great day full of conversations about how to partner with other organizations, beginning to make an action plan for the next year including activities, goals, and connecting these with our vision statement - plus walking in the woods and eating delicious food. More detailed notes coming in future weeks!



Wheat harvest crew: Noah, Themis, Danny, Tony, Tim, and Mikel. Not pictured: Chelsea, Jess, and Suriyana. Thanks also to Tahz & The Stone House for lending us tools!

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## What We Baked! El Pan de la Semana

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

Water (39%), OG Whole wheat bread flour (29%), OG Unbleached bread flour (29%), Canola oil (3%), Salt. Yeast.

### Whole Wheat/ Pan Integral (840g)

OG Whole wheat bread flour (55%), Water (36%), Canola Oil (3%), NC Honey (3%), OG fair-trade molasses (1%), Salt, Yeast.

### Pan de Centeno con Alcaravea / Caraway Rye (813g)

Durham county water (40%), Organic 14% white bread flour (34%), Organic whole rye flour (17.2%), Organic ww flour (5%), Caraway seeds, Salt, Oil, Yeast.

### Blueberry Muffins / Mufines con Arándano (470g/6)

Organic whole-wheat pastry flour (27%), Canned NC peaches (17%), Hillsborough

blueberries (15%), Canola oil (12%), NC honey (12%), Organic yellow cornmeal (6%), NC pecan milk (6%), Baking powder, OG apple cider vinegar, baking soda, salt.

### Granola (420g)

Organic Oats (60%), NC Honey (11%), Canola Oil (9%), OG Sunflower Seeds (7%), OG Pumpkin Seeds (5%), NC Pecans (5%), OG Fair-Trade Molasses (3%), Salt, Cinnamon, Cardamom.

### Gluten-Free Bread / Pan Sin Gluten

Water (41%), OG brown rice flour (15%), OG millet flour (11%), OG potato starch (10%), Cornstarch (9%), OG tapioca flour (7%), NC honey (4%), Salt, canola oil, yeast, guar gum.

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breaduprising@resist.ca  
breaduprising.wordpress.com  
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## Food, Love, and Community Around the World

by Michelle Christian

Growing up south of Seattle my food memories consist of Hot Pockets, Hamburger Helper, and once a week post sport practice fast-food dining with my dad – and I was as happy as could be. My family represented many working class American households where both mom and dad, mom and mom, etc., work and there was little time, money, or will to eat fresh, local, and ‘healthy’. Neither of my parents grew up with ‘food culture’ but my mom always did her best with our Sunday dinners where we sat down together and ate all American, but we were together, and that theme – togetherness – regardless if it consists of processed macaroni or hand-made pasta with tomatoes from the garden – is what food is. When I grew up, got a partner, started a family, and traveled the world that concept passed on and evolved to also realize that the practice of sharing meals is one of the most important vehicles to experience love, humility, respect, and community.

My life with Blair and our child Niko shown a light

on the beauty of food and love in new ways I did not experience as a child. Niko is three now. Niko and Blair go out to our garden, cut ingredients, and come in the kitchen and create meals we share at our ‘Niko size’ table. Cooking, tasting, going to the bakery to pick up our fresh bread, and sitting together is Niko’s normative environment. Seeing Niko grow with food, the sharing of dishes at community meals, and the love that they are made with is the togetherness that binds our family and community and helps to define us. By contributing ourselves through meals our stories are told.

One story I feel humbled and privileged to have experienced is when I was in Mombasa, Kenya last year. A woman who I had not met but was introduced to via email through a Kenyan I met prior to leaving Durham invited me over to dinner when I arrived. In her two room flat that lacked running water and a bathroom I had an amazing meal. Her friend spent all afternoon delicately

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dinner dating in Mombasa, Kenya

crafting multiple dishes on their portable ‘stove’. I sat, ate, walked around the ‘urban village’ so many call home and listened to stories of migration to Saudia Arabia for work, the cost of school fees, and the soccer game and church service always present outside. The pride and dignity which she and her community live their lives inspires me to be a better – just about everything. Food is the thread we use to weave together our disparate but interwoven lives. I feel so blessed that with their food my family and my Durham and global friends have given me nourishment that sustains my mind, body, and heart.



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## Farmer K and Agent J: Stay Tuned!

Next week we will begin printing a series of conversations about healthy food and the school system. They will be conversations between Farmer K and Agent J (two people connected to the bakery) and we hope they will spark conversation among other bakery members as well. Please feel free to write a response, and we’ll print your response in the zine as well!

Agent J is an urban designer interested in creative placemaking, designing livable communities, and playing with her puppy while eating a muffin and drinking a chai latte all at the same time. Agent J often participates in the new movement called ‘urban acupuncture.’

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