

Season 9, Week 18 August 20, 2012 - 4:09pm

Hey everyone,

It is the last day of Season 9! It's been a fun and relatively relaxed day in the kitchen, and we launched our fundrasing campaign online on indiegogo today as well. Included in your bread are postcard-sized flyers about the campaign - please give them to people you know, leave them out at your workplace/school/favorite hangout spot, to help publicize it.

This week's zine has a reportback from the cooperatives converence that Cristina and Manju attended a few weeks ago, and a piece about Za'atar, the spice blend featured on the focaccia today, that Sarah Thompson brought us from Palestine!

We love you. Season 10 starts on September 10th, so we'll see you in a few weeks! Please don't forget to re-subscribe.

-Noah

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## Report-back from the CoopEcon Conference

From July 27-29, we joined 80+ people from across the Southeast in Epes, Alabama at the Federation of Southern Cooperatives to be part of 2nd annual gathering, CoopEcon 2012. The Southern Grassroots Economies Project (SGEP) organized CoopEcon to build networks in the US South in promotion of cooperative economies.

For 2 days this incredible group of farmers, workers, organizers, interpreters, families and heroes, learned together both how to start a cooperative and how to grow, and sustain an existing coop. We got TONS of resources including: toolkits for starting a workers coop, and writings by Jessica Gordon-Nembhard around the rich legacy of Black cooperation. <http://sgeproject.org/ce2012/downloads/>

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Here's a little bite. This illustration is of the key components of the US cooperative movement, as identified by Joe Marraffino. The 3 parts are:

1. HEART =the individual worker and their need/want.



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1. HEART =the individual worker and their need/want.

2. BLUE PEOPLE =the community of workers and
3. LIGHTBULB/\$\$ PEOPLE =technical support (organizers, banks, nonprofits).

One thing that I realize when I look at this is that while I have spent considerable time thinking about the structure of relationships within a cooperative. I have not thought much about how a coop interacts with other entities especially around support and resources.

-by Cristina Rivera Chapman, inspired by conversations with Manju Rajendran

Panadería 'Bread Uprising' Bakery  
breaduprising@resist.ca  
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816 Yancey St. Durham NC 27701

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## Za'atar!

Za'atar is a savory spice that grows wild in the Mediterranean area; it is powerfully associated with Palestine. The Za'atar on the bread today comes from Taybeh, a Christian town in the West Bank located at 900 feet above sea level.



Photo: Za'atar grows in the shade of such trees as these fig and a cactus plants, surrounded by an olive grove and sycamore trees, in Taybeh.

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On a clear day, from the olive terraces on Taybeh's hills, one can see all the way to the Dead Sea (the lowest point of dry land on Earth!).

Each household has different ways to prepare Za'atar, a.k.a. Wild Thyme. To make the condiment that is on the bread today, fresh Za'atar is dried and ground, with added Oregano, Sumac, Salt, and Sesame seeds. It is special to make bread with Za'atar today for at least two reasons: One, Za'atar will be plentiful as Muslims in Palestine and around the world are celebrating Eid-al-Fitr this week, the feast days at the end of Ramadan fasting. Two, Za'atar is known to keep the mind alert and the body strong. So as students resume their classes, Za'atar on bread or pita for breakfast gives an extra boost for learning!

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Photo: The olive terraces on the hills of Taybeh



## 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)

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#### 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.

#### Focaccia! (515g)

Water (42%), OG unbleached bread flour (37%), OG whole wheat bread flour (14%), Olive oil (3%), Cornmeal (3%), Salt, Yeast. Topped with: Red onion, Za'atar, Olive oil.

#### Cinnamon Rolls (500g/6)

Water (32%), Unbleached organic bread flour (42%), Organic all-purpose flour (5%), NC Honey (4%), Canola oil, Salt, Yeast, Cinnamon. Filling: Brown sugar, canola oil, cinnamon, cloves. Glaze: Water, powdered sugar, vanilla.

#### 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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