

Season 9, Week 7 May 28th, 2012 - 1:25pm

Hi everyone,

We hope you are having a good Memorial Day holiday. We are happy to say that the brest came out good today - we have been having some weird bread weeks lately, so thatnks for bearing with us. Look inside for a piece from stone circles at The Stone House about their food justice work! There's also a photo from Newton, NC this week-end, where people gathered to protest the hateful comments that a nearby pastor made about queer people.



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Marchers at the Catawba Valley Citizens Against Hate Protest yesterday. Thousands of people came out (including a contingent from All of Us NC): families of all kinds, kids of all ages, people of all walks of life and genders, ethnicities, speaking out and showing that the hate expressed by Charles Worley does not speak for them. Photo credit: Leslie Cothren



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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.

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 con Nueces y Pasas / Pecan Raisin Sourdough (813g)

Water (34%), Organic Whole Wheat Bread Flour (24%), Organic Unbleached Bread Flour (20%), Organic Thompson Raisins (8%), Organic Whole Rye Flour (7%), NC Pecans (6%), Salt.

Pumpkin Muffins / Mufines de Calabaza (470g/6)

OG Whole-wheat pastry flour (28%),

Pumpkin puree (25%), Orange county honey (14%), Canola oil (10%), Organic pumpkinseed (7%), Organic coconut milk (6%), NC pecan milk (3%), Organic/ fairly-traded molasses (3%), NC pecans (2%), Organic apple cider vinegar (2%), Baking soda, baking powder, salt, nutmeg, cinnamon, ginger, cloves.

Gluten-Free Bread / Pan sin gluten (840g)

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.

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

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Our Role in the Movement

by Rachel Cotterman, of stone circles at The Stone House

As part of our larger initiative to grow the food justice movement in our region, stone circles is partnering with our dear friends at dRworks to offer a series of workshops focused on dismantling racism and applying transformational practice to food justice work. We decided to convene our first two workshops in separate caucuses, one for white folks and one for people of color. For the white folks, this was an opportunity to deepen our understanding of privilege and explore our role in creating a foundational power shift in the food system.

This January, thirty-five people gathered at The Stone House in Mebane for a day-long workshop for white people working for change in the food system. This workshop was co-led by Tema Okun and Jes Kelley from dRworks and Claudia Horwitz from stone circles, an organization that provides trainings, retreats, and gather-

ing space for people committed to transformation and justice on 70 beautiful acres of land.

We opened the morning session by sharing objects that represented our relationships to food. From a sourdough starter to wooden spoons, family photos, and a \$20 bill, these objects were reminders of food's powerful presence in our landscape, culture, communities, and economy. After placing our objects on an altar plate in the center of the room, we dove into generating shared definitions of race, food, and justice. We continued to ground these concepts in our own stories; sitting with partners, we shared our personal histories of food in relation to our ethnic and class backgrounds.

Over the course of the day, our conversation continually zoomed out and back in again—from the wider context of structural racism and land loss to its impact on our lived experiences. Jes led us through a timeline of land control in the United States and we explored stories of food justice organizing, helping us to situate our own work

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Over the course of the day, our conversation continually zoomed out and back in again—from the wider context of structural racism and land loss to its impact on our lived experiences. Jes led us through a timeline of land control in the United States and we explored stories of food justice organizing, helping us to situate our own work

within the historical legacies of both widespread injustice and meaningful resistance. At the end of the day we had the opportunity to reflect on racist behaviors within our own organizations and to envision concrete next steps for building equity, supported by the coaching of our fellow participants.

I came away with from the workshop with both a sense of the daunting weight of the work to be done and gratitude for the many hands ready to bear it together. The facilitators' emphasized the systemic nature of food injustice—government, education, science, religion, and (gasp!) even non-profit organizations all perpetuating the same system of unequal access to resources and power. In order to realize a true shift in our food system, we need to transform all these institutions. The load lightens, however, as we come together to build anti-racist community. Rather than turning away from our whiteness as a source of guilt and shame, we can find the strength to continue looking deeply into this identity. And a movement

grows as soon as we choose walk together on this path of healing and change.

Our food justice workshop for People of Color is coming up this June 8-9! We're excited to welcome both youth and adult organizers to this intergenerational gathering at The Stone House. This two-day workshop will be facilitated by Tahz Walker of stone circles and Vivette Jeffries-Logan and Michelle Johnson of dRworks. Email tahz@stonecircles.org for more information.



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