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iHola a tod@s!
Hey y'all!

It is a hot day in the kitchen, and we baked some beautiful bread today! We had some visitors who filled us in on the rally in Raleigh today - from speeches about the interconnectedness of different struggles, to playing in the fountain afterwards. This week's zine has some facts about honey, and a continuation of last week's peice on tortillas.

iHace calor en la cocina, y hicimos unos panes lindos! Tambien, teniamos unos visitantes que nos contaron de la manifestación este mediodia en Raleigh - desde los discursos sobre las conexiones entre diferentes luchas, hasta jugando en una

Continued from last week...

Crecía rápidamente la compañía de Maseca (y su empresa matriz GRUMA) a causa de la manipulación del mercado por el gobierno al favor de GRUMA. Una compañía estadounidense que se llama Archer Daniels Midland (ADM) dio cuenta de la oportunidad y profite de la situación de NAFTA. NAFTA es un acuerdo de intercambio que más ayudó compañías grandes y lo hizo más difícil para l@s campesin@s vender maíz al precio adecuado. Hoy en día, ADM y GRUMA colaboran y son los productores más grandes en el mundo de harina de maíz y tortillas.

Masa, Maseca, and ADM

...As Maseca's corn flour gained market share, the company began to grab an ever-greater portion of the government's tortilla subsidies. By 1994, Maseca was drawing in \$300 million in government cash -- 43 percent of its total revenues, DePalma reported.

By 1996, Maseca had drawn the attention of Archer Daniels Midland, the world's largest corn broker. Itself no stranger to government largesse, ADM spotted a good business model from across the border, and bought a 22 percent stake in GRUMA, Maseca's parent company. Today, ADM's formidable board chair G. Allen Andreas sits on GRUMA's board of directors, as does the company's CFO, Douglas J. Schmalz.

fuelle después. Hoy, el zine tiene información sobre miel, y una continuación del artículo sobre tortillas y masa.

En la panadería, se utiliza la miel en lugar de azúcar, cuando estamos haciendo muffins y en algunos de los panes. Aquí hay algunas cositas sobre la miel, incluyendo: las abejas se producen la miel para alimentar a sus crías, a partir del néctar. Es un carbohidrato complejo y sus propiedades químicas lo hacen especialmente útil para la cocción. Los seres humanos han estado comiendo la miel para más de 10.000 años.



Profiles in Bread Science: Honey

In the bakery, we use honey in place of sugar, in muffins and some of the breads.

Here are some tidbits about honey, put together by Jade:

- Honey is a complex carbohydrate and its chemical properties make it useful for baking.
- It also contains flavonoids & phenolic acids, which act as antioxidants.
- Generally, darker honey has more antioxidants than lighter-colored honey.



GRUMA now controls 70 percent of Mexico's corn-flour market. As NAFTA opened the Mexican market to cheap, highly subsidized U.S. corn and dismantled Mexico's support for its farmers, the price of corn in Mexico plunged, providing a windfall for GRUMA and despair for Mexican corn growers. Maseca now imports 30 percent of its corn for tortilla production from the United States, according to an Oxfam report.

And as the price of corn fell, the Mexican government -- citing free-market dogma -- withdrew its ceiling on the tortilla price. According to Oxfam, between 1994 and 2001, the corn price in Mexico fell by 70 percent; meanwhile, between 1994 and 1999, the price consumers paid for their staple, tortillas, rose threefold -- further burnishing GRUMA's bottom line. And when rising tortilla prices pushed many consumers to switch to white bread, GRUMA cashed in as well. Another of its subsidiaries -- a joint venture with Archer Daniels Midland called Molinera de Mexico -- is the nation's largest wheat-flour producer, and GRUMA owns a fast-growing bread business as well.

GRUMA has also moved aggressively north into the U.S. tortilla market, and south into Central America. It is by far the world's largest corn-flour and tortilla producer.

Indeed, the same company responsible for rigging

• The study of which type of flowers produced the pollen and spores in a batch of honey is called melissopalynology.

• Bees carry what is called an "electrostatic charge" which means they attract other particles, so melissopalynology can also be used to figure out which radioactive particles and what types of pollution are in the air.

• Supposedly humans have been hunting for honey for like 10,000 years. they think because because a cave painting was found in valencia spain during the mesolithic era (known as the "middle stone age," so about 11,000 years ago) showing two ladies collecting honeycomb from a wild bee nest.

• The egyptians used honey for embalming their dead and for sweetening cakes and biscuits. yummy!

• Okay, honey in hinduism is one the five elixirs of immortality (panchamrita), for jews honey is a symbol of the new year, in buddhism, honey plays an important role in the festival of madhu purnima which commemorates how the buddha made peace among his disciples. story goes he went into the wilderness and a monkey brought him honey to eat. in the christian bible, john the baptist survived for awhile just eating locusts and honey,

up the U.S. corn-based ethanol market is also profiting handsomely from soaring tortilla prices. Archer Daniels Midland [is also] the leading U.S. ethanol maker and owns a 40 percent share in a joint venture with GRUMA to mill and refine wheat -- meaning that when Mexican consumers are forced by high tortilla prices to switch to white bread, Gruma and ADM still win.

Taken from 2 pieces in Grist Magazine by Tom Philpott (www.grist.org)

Los Ingredientes del Pan / What We Baked This Week:

Half Wheat Sourdough (840g/loaf)

Pan Medio Integral de Levadura Natural

Agua (36%), Harina Integral Orgánica (30%), Harina Orgánica (30%), Aceite Vegetal (3%), Miel de Carolina del Norte (1%), Sal

Whole Wheat Sandwich (840g/loaf)

Pan Integral Para Sandwiches (840g/pan)

Harina Integral Orgánica (57%), Agua (35%), Aceite Vegetal (4%), Miel de Carolina del Norte (2%), Melaza, Sal, Levadura

Gluten Free Bread (750g/loaf)

Pan Sin Gluten (750g/pan)

Agua (41%), Harrina de arroz orgánica (15%),

and in islam, the prophet muhammad recommended honey for healing purposes and the koran promotes it as a healthy food.

• The ripest and freshest honey should flow down from a knife in a straight stream without breaking into drops and if stored in a jar, it should not form into layers.

• Honey can be used to heal sore throats and coughs and to treat infections. also to reduce swelling and scarring, for burns, and to help with allergies.

• Wild honey made from oleander, rhododendron, mountain laurel, or azalea flowers can cause "honey intoxication" (dizziness, weakness, and sweating).

• China, Argentina, Turkey, and the U.S. were the top producers of honey in 2005. the ukraine and mexico (especially in the yucatan peninsula) also produce a lot of honey.

• Corsican honey (from Corsica) and homolje honey (from Eastern Serbia) are both super special types and have to be certified like french wines or champagne.



Harina de millo (11%), almidón de pap (10%), almidón de maíz (9%), Yucca harina (7%), Miel de Carolina del Norte (5%), Aceite vegetal, levadura, sal, goma guar

Pan Artesanal con Pasas y Nueces (732g/pan)
Pecan Raisin Bread (732g/loaf)

Agua (32%), Harina Integral Orgánica (27%), Harina Orgánica (21%), Harina de Centeno Orgánico (7%), Pasas Orgánicas (7%), Nueces de Carolina del Norte (5%), Sal (1%)

Muffins de Durazno y Arándano (504g/6)

Peachy Cramberry Muffins (504g/half-dozen)

Harina Integral Orgánica (29%), Puré de duraznos (18%), Leche de Nuez (15%, Nueces y agua), Miel de NC (15%), Harina de maíz (10%), Arándanoes agrios secas (7%), Aceite vegetal (5%), Sustituto de huevo (agua, harina, polvo de hornear, almidón de papa), Polvo de hornear, Bicarbonato, Sal, Canela

Prepizzas (328g/prepizaa)

Pizza Crusts (328g/each)

Agua (36%), Harina Integral Orgánica (29%), Harina Orgánica (29%), Aceite de oliva (3%), Sal, Levadura

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