

Issue #1

Co-op News

help us find a funky name for our paper!

BOARD OF DIRECTORS MEETING MINUTES FROM 1/10/75

Ed and Charlotte Romanak resigned from the Board of Directors. Melinda Reid acquired the seat since she was the next alternate.

A new policy on bounced checks was passed. There IS NOW a \$2. fine for each bounced check and a 6 MONTH loss of payment by check privileges on each membership card so abused. This includes all holders of multiple membership cards.

BOARD OF DIRECTORS MEETING 3/9/75

Clare Harben was hired as a manager trainee. Jim McMahon was hired as Assistant Manager for inventory controls and Debbie Powers was hired to assist with bookkeeping and computerization of the membership list.

The Board authorized Joe Christy to travel to Minnesota to work with and learn about the People's Warehouse.

The Board voted to consolidate the "Down Home Store" with the LCFC and to open the membership of the LCFC. Membership fee is \$5. and a non-interest loan of \$10. is required, for a total of \$15. The \$10. loan will be used to help the LCFC buy a truck, build a cooler and buy a Super scale. The loans can be returned after three months, but the later you can wait, the better.

Jim Palipano has been hired to be accountant.

The Board was told that nearly all outstanding loans will be paid by July.

GENERAL MEMBERSHIP MEETING

The quarterly membership meeting will be held on Wednesday, April 9, at 8 P.M. in Room 120 Cannaway, F.S.U. Campus. This is an important meeting as new members to the Board of Directors will be elected. Nominations will be taken from the floor that evening. Revised By-laws for the coop will be presented by the Board of Directors for their ratification.

Preceding the membership meeting, a C.P.E. course on Food Co-ops will be held at 7:00. This will be a session to inform people about what Food Co-ops are available in Tallahassee, where and how to join one, and how to start their own co-op. This will include representatives from the Fruit and Vegetable co-ops also.

ITEMS OF INTEREST

Rick Collins is our fertilizer organic garden coordinator. The co-op is now selling garden and herb seeds and helping you with any gardening problems you encounter. We eventually want to buy your excess crops to sell through the store. There will also be discussion about setting up workshops for canning, storage, planting and development of hot and cold beds for early planting. Think about it as we need your knowledge and experience.

Non-member price increment has been dropped to cost + 35% as of February 1.

There will be NO 4 hour sign up without authorization. And when you sign up for 2 hours be sure to WRITE in your CARD NUMBER along with the name on the card.

Environmental action group is incorporated and all those interested in the recycling effort should leave word at the co-op in Jackie Moone's box in the office.

The co-op has a home for at least 3 years in its present location with the signing of the new lease. We finally have a good scale after trying many.

The co-op also needs a pickup truck and recycled wood for our walk-in cooler.

Anyone who goes to Gainesville on weekends, please let us know - we'd like to ship food and help pay for gas. We also need MORE BIG JARS and PAPER BAGS. The co-op will now recycle GLASS--PAPER---ALUMINUM---WOOD...

* members try to bring own Shopping bags to carry groceries home — get Creative, 'macrame' or Chrechet one — get funky / bring in jars for honey, egg cartons, paper-plastic bags — we are now starting to weigh our own foods so bring your re-usable bags to collect your grains, etc.

attention: starting next issue one whole pg. will be set aside for a "Kiddy Page" so all you children, big & small, send in your paintings, poems, songs, stories, show & tell happenings, etc. to the Leon County Food Co-op, attention Candi — make it sizeable so it fits on one of our pgs — & do it in black ink or Crayon — so it'll print — have fun!

• unclassifieds will be \$1.00 an add — bring all ads to Co-op Candi attention our paper will be a monthly thing this 1st one's a bit shakey, be patient with us for we want the best — let us know any ideas, get them in by April 9th for next issue!

THE FUTURE!!!

We're now building a 1700 cubic foot walk-in cooler to accommodate increasing members' demand for fruit and vegetables. It will also be used for the warehouse.

A renovation of the store to accommodate growing membership is planned. One change will be that members will increasingly bag and bottle their own purchases.

Co-op continues to search for good sources of paper products.

Herbs! Lots more soon!

We seek all suggestions to improve the co-op.

Call the store and ask for Candi - 222-9916.

Jeff Thompson, Chairperson LCFC - 575-1146

644-3755

All members interested in publishing this monthly newsletter, get in touch with Candi Paparone at the co-op.

FRUIT AND VEGETABLE CO-OP

Another well established food co-op in Tallahassee is the Fruit and Vegetable Co-op. It operates out of the Alumni Village Recreation Center every Thursday from 5:00 to 7:00. This co-op operates on a pre-purchase cooperative buying basis. Each person pays \$3. per bag of food two weeks in advance. The money collected is pooled together and used to order as much food as possible. Two weeks after ordering a bag, the food is distributed at the Recreation Center in an assembly-line arrangement. There is little

or no choice of food, but each bag contains 10 - 14 different items which vary seasonally. Each bag is sufficient to feed two persons for two weeks.

ANNOUNCING THE APALACHEE RECYCLING CENTER ...

In order that humankind may never run out of things, we have come to appreciate, the environmental action group has collaborated with the Leon County Food Co-op to produce a means by which we may recover and re-use more of our non-renewable resources. Out of the confusion which always precedes a new age, has evolved the Apalachee Recycling Center, a non-profit corporation created for the expressed purpose of preserving and endlessly re-using the earth's already plundered goodies.

In the belief that paper, glass, aluminum and other metals are inherently good things, deserving of respect, our recycling endeavor begins here in a determined attempt to strengthen the weakest link of the producer to consumer cycle = from consumer back to producer. The necessity of this action cannot be argued: Recycling is an energy-saving, inflation-fighting, job-creating, environment-enhancing solution to many crucial problems. It is a new way of doing things now, but it will be standard procedure very soon.

Recycling doesn't end with paper, glass and metal wastes. Apalachee Recycling Center proposes:

To begin a garbage collection route for those Leon County residents who will sort their garbage into paper, glass, metal and organic waste cans.

Large scale composting of organic waste from residences, grass and tree clippings, from state and university complexes and the already available treated sludge from the sewage treatment plant. This composted mixture would be a local (cheap) source of excellent fertilizer.

Recycling sore spots in the downtown (and other city limits) by landscaping vacant lots with native plants.

Eventually to unite with county and municipal public works agencies on the basis of a cooperative public-owned utility (like Talgrin Electric Co-op) to provide public recycling services, along with jobs and revenues for the members.

This is only the beginning of a new and better way of doing things. We're becoming established fast, and we're dedicated to the idea of making recycling an American habit.

We won't quit till that happens. If you want to help, drop your aluminum cans in the green and red boxes, and come to the benefit concert at the Down Under, the first day of

Earth Week (Sunday, April 20). Proceeds from the benefit will buy us a truck.

If you want someone to come and talk to your group about recycling, or if you'd like to help with a donation, call 222-9916 or come see Jackie at 702 S. Macomb St. (Leon County Food Co-op). We should have our own office and warehouse space within a couple of weeks. Remember:

IF YOU'RE NOT PART OF THE SOLUTION, YOU'RE PART OF THE POLLUTION!!

Her Store

Feminist Books
and

Women's Works

open 11am-6pm Monday - Saturday

301 W. College

(corner of Bronaugh)

224-2728

"Tired of doing it"
Sale

Closing down the ol'

Candle Shop
112 E. Call St.

- Candles everything
- Antiques 30-50% off
- Fixtures Come Say Bye!



STRING IS IN THE AIR



Norton Music

1317
Jackson Blvd

576-7108

News for the Kitchen

SUPER FOOD

The good mother has provided us with a food source that has the secret of life locked into it. A seed contains the full potential strength for its entire life cycle; CONSTITUENTS for growth and self protection, vitamins and minerals for maintaining life. By sprouting seeds for a food source we increase the value of that seed many times. Sprouted seeds are pre-digested, the starch being converted to simple sugar at the time of germination. One pound of dry navy beans contain 1542 calories, while one pound of sprouted mungs contain just 139 calories. Large amounts of vitamin C develops Vitamin B-1, niacin, and PANTOTHENIC acid double in the sprouting process.

The Arabic meaning for alfalfa is "Father of All Foods". Alfalfa contains all known vitamins, including a rich supply of Vitamin A, PYRIDOXINE, A B-Vitamin, vitamin E and K. Also rich in the proper balance of CALCIUM, PHOSPHORUS, CHLORINE, SODIUM, POTASSIUM, MAGNESIUM, AND SILICON. The protein content is extremely high 18.99 compared to 16.59% for beef. (J. I. Rodale).

By exposing the sprouted alfalfa seeds to sunlight, we develop CHLOROPHYLL, which is a cleaning agent for the cells and blood stream. The chlorophyll molecule is a web of carbon, oxygen, hydrogen, and nitrogen around a single molecule of magnesium, which is identified to that of a molecule of HEMOGLOBIN, differing only in the central molecule of hemoglobin is iron.

The alfalfa's richness in food value is the fact that its roots burrow deep into the earth, seeking out minerals that are buried in the soil. The average alfalfa seed has roots 10 to 20 feet and reports have been found of PHENOMENALLY long roots, 128 feet long.

Almost any seed, grain or legume can be sprouted. The more common sprouts are alfalfa, mung, lentil, chick peas, fenugreek, fennel, aduki, wheat and sunflower. Sprouts can be used in many ways. They can be mixed into your favorite salad, in sandwiches, over cereals and soups. A personal favorite is a BLENDER shake made from bananas, apples, apple juice or water and alfalfa sprouts. Another favorite is a highly nutritious protein salad made from mung, lentil and alfalfa sprouts, topped with a dressing made from ground sunflower seeds, veggie juice of water,

1/2 clove garlic and kelp, mixed in blender. The sunflower seeds compliment the limiting amina acids in the mung and lentils to make this a very good protein meal.

For sprouting you will need raw, organic seeds, wide mouth quart jars, and some rubber bands for securing plastic mesh screen (hardware store) over the jars. A two quart jar is good for mung and a one gallon wide mouth jar is good for alfalfa. Seeds need to be soaked and then used every 6 to 8 hours until they are ready to eat.

Alfalfa seeds should be exposed to light. After 3 days to develop the chlorophyll. Early morning or evening, sunlight is best, but never direct mid day sun. Draining sprouts after rinsing should be thorough, or jars left tilted so sprouts will drain well and not rot in excess water.

<u>Seeds</u>	<u>Quantity</u>	<u>Soak Time</u>	<u>Environment</u>
Alfalfa	1/2 cup = gallon	6 - 8 hrs.	Warm dark 75o Light after 3 day
mung	1/2 cup = qt.	12- 16 hrs.	Warm dark-80-90°
Lentil	1 cup = qt.	12 -16 hrs.	" " 75o
Soybeans	1 cup = qt.	8 - 10 hrs.	Cool dark 65°
Fenugreek	1 cup= qt.	8 - 10 "	Warm dark 75o
Sunflower	1 cup = qt.	10 - 12 "	Warm dark 75°
Wheat	1 cup = qt.	15 hrs.	Warm dark 75°

LOVING VIBRATIONS AND RINSING SEEDS IS MORE IMPORTANT THAN ENVIRONMENTAL TEMPERATURE.

H E A L T H. SOMETHING MONEY CANNOT BUY. YOU MUST DIG IT OUT YOURSELF. PhD after your name does not mean your brain is full of knowledge to help Humanity. It may draw a larger salary but it is what's inside your brain and how it is used that counts in life.

The Food and Drug Administration with the help of the A.M.A. has given us one of the highest DEATH rates in the world --- and for the MOST money. (Spears).

AMERICANS HAVE MORE DEGENERATIVE diseases than any other Nation in the world. They eat the most Devitalized, Chemicalized, Processed foods of any Nation in the world. (Betty Lee Morales).

The U. S. is said to be the highest ranking Chemicalized country in the world filling our foods, water and air with Chemicals which are slowly killing us off. This is done without our consent and against our protest. No wonder we have so much chronic, crippling killing diseases.

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THE TERRIBLE TEN

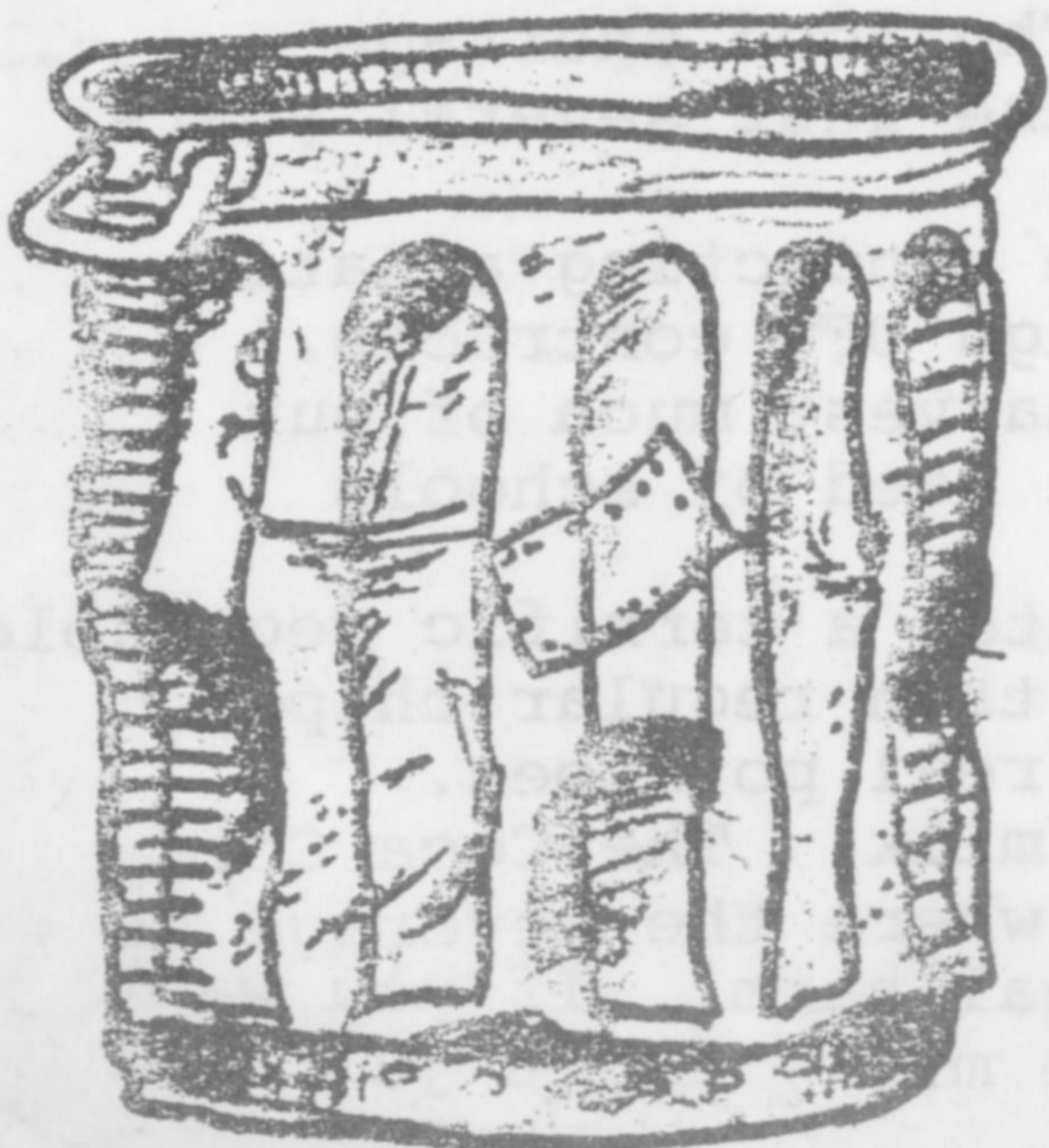
- 1 - WONDER BREAD - Plain ordinary enriched white bread, made by Continental Baking, a div. Of ITT (which also owns Sheraton Hotels and makes military supplies). Wonder Bread costs up to 30% more than other white breads. The Federal Trade Comm. recently accused ITT-Continental of using unfair marketing practices to try to monopolize the baking industry.
- 2 - BACON - Perhaps the most dangerous food in the supermarket. Bacon contains nitrosamines, which the govt. admits "are a family of chemicals, some of which have been shown to cause cancer in test animals." These fatty strips of porkbelly cost as much as \$1.59 per lb.--a good investment for masochists.
- 3 - SUGAR - The Justice Dept. recently indicated 6 big sugar refiners for alleged price fixing and conspiracy to reduce competition. The Health Dept. should indict sugar for contributing to obesity, tooth decay, diabetes and heart disease.
- 4 - GERBER BABY FOOD DESSERTS - The major ingredient is water, which costs 40¢ per pint. All the desserts contain added sugar, which helps foster a child's sweet tooth, Eating junk baby foods may lead a baby down a lifetime path of junk foods and ill health. Gerber controls 60% of the baby food market.
- 5 - FRUTE BRUTE. - This breakfast cereal-candy contains about 40% sugar and costs about \$1.40 per lb. The cost does not include dental bills, but does include the cost of TV advertising aimed at children. General Mills, symbolized by Betty Crocker, has been the junk breakfast cereal leader for years. Four companies control 90% of the cereal industry.
- 6 - BREAKFAST SQUARES - Another marvel from Betty Crocker's chemical kitchen. The two main ingredients of this "Gainesburger for people" are sugar and fat. The undesirable effects of these ingredients are not canceled out by the added vitamins and minerals. The acronym for Breakfast Squares is uniquely appropriate.
- 7 - PRIME GRADE BEEF - High in fat, high in cost, high in cholesterol. The beef is fattened up in feedlots on grain that could otherwise be consumed by hungry people. The food shortage has contributed to millions of deaths in the last several years; an estimated 400,000,000 more are at risk.
- 8 - TABLE GRAPES - The United Farm Workers are conducting a nationwide boycott, because growers refuse to sign UFW contracts. It is easy to forget that the people who harvest much of our foods are hungry, ill-housed, and in great need of schools and health care.
- 9 - PRINGLES - The ultimate insult to the potato, a terrific vegetable. This preserved chip is 1/3 more expensive than regular chips and at least 13 times more expensive than real potatoes.
- 10 - COCA COLA - No nutrients; costs more than milk. The Coca Cola Co. peddles in under-developed countries where the beverage is a cause of economic hardship and nutritional harm. If you want the "rreal thing", get something real, like milk, fruit juice or water, without chemicals.

JUNK IT!

- * WONDER BREAD
- * BACON
- * SUGAR
- * GERBER BABY FOOD
- * FRUTE BRUTE
- * BREAKFAST SQUARES
- * PRIME GRADE BEEF
- * TABLE GRAPES
- * PRINGLES
- * COCA COLA

The TERRIBLE TEN foods described on the back epitomize everything that is wrong with the American food supply. Many of the foods are high in sugar or fat and contribute to our major health problems: tooth decay, obesity, bowel cancer and heart disease. Most of the foods are made by giant corporations that have driven smaller companies out of business and now control the market. Many of the companies have been accused by the government of monopoly and price fixing.

Only strong citizen pressure will bring about changes. Start educating and organizing in your community. If you see a food like the TERRIBLE TEN, Junk It! Base your own diet to a large extent on whole grains, vegetables, and fruit. Avoid sugar and fat. Press for needed changes in your home, at your school or workplace, and at the local or national level. Organize FOOD DAY activities on April 17th.



FOOD DAY APRIL 17

Compliments of the
Leon County Food Co-op
702 S. Macomb ... 222-9916

MON.-FRI.
11-7
Sat. 9-5

"WHERE TO FIND IT"

- LEON COUNTY FOOD CO-OP, 702 S. MACOMB - 222-9916
- ART CO-OP - 222-4771
- CO-OP BOOKS & RECORDS - 224-8031
- THE ARTFUL DODGER - 208 S. ADAMS - 222-6651
- NATURE'S WAY - 1932 W. TENN. - 224-2043
- GREAT BICYCLE SHOP - 210 W. COLLEGE AVE. - 224-9090
- HER STORE - 224-2728
- DR. W. C. HARDY, N.D. - 1603 OLD ST. AUGUSTINE RD. - 877-1871
- JOANNE TUCKER DANCE STUDIO - TIMBERLANE RD. - 385-0435
- FRUIT & VEGGIE CO-OP - ALUMNI VILLAGE REC. CENTER
EVERY THURSDAY 5 P.M.
- FREE SCHOOL -
- RICHARD COLLINS - ORGANIC GARDENING - PUT NAME & NO. IN HIS
PERSONAL MAIL BAG AT LEON COUNTY CO-OP
- ORGANIC CITRUS - L. P. DEWOLF, CRESENT CITY, FLA.
904-698-1974 - U-PICK - \$2. BUSHEL.
- MICCOSUKEE LAND CO-OP - RT. 7, BOX MLC, TALL., FLA. 32303
- GARDENING AND TILLING SERVICE - 877-0364
- FURRIN AUTO REPAIR (VW) - 504 W. TENN. - 222-6864
- GREG BILL VOLVO MAN - 576-7292
- ASTROLOGY SERVICE - PHIL - 224-2727
- SPRING VALLEY FRUIT & VEGGIE CO-OP, 1429 COLORADO ST.,
EVERY FRI. 5 P.M. - 224-2006.
- RUEDIGER FRUIT & VEGGIE CO-OP, RUEDIGER ELEM. SCHOOL - 385-8738

Coming Soon!

Dr. Pat Flanagan's
Pyramid (PEG)
energy generators,
Pyramid energy
plates (PEP) &
books on Pyramid
Power.
Build your own
Pyramid structure
with these books or
wear a PEG or PEP for
portable Pyramid Power!

NEW MARKET TRAIN WRECK 1904

480 West Tennessee
Tallahassee Florida
open 11 a.m. music nitely

SIDE TRACKS

<i>Vegetarian Wreck</i> 1.25	<i>Peanuts</i>
<i>Hearts of lettuce</i> .50	<i>Roasted</i> .30
<i>Spinach Salad</i> .75	<i>Boiled</i> .50
<i>& cream dressing</i>	
<i>Bowl of Chili</i> .70	<i>Milk</i>
<i>Brakeman's Beans</i> 45	<i>plain 40 choc. 45</i>
<i>French Fries</i> 40/.70	<i>Coffee ~ Tea</i>
	25¢

March 15 Sun. moved into

- 27th full moon in Ω 5:36 AM aries
 - 28th Ω to μ 8:09 PM \downarrow * march 21st.
 - 29th μ to ν 11:12 PM
 - 30th μ to χ 11:12 PM
 - 31st χ to γ
- Vernal Equinox

April 15

- 1st γ to δ
 - 2nd δ to ϵ 6:09 AM
 - 3rd ϵ to ζ
 - 4th ζ to η 4:46 PM
 - 7th η to θ 5:17 AM \downarrow *
 - 9th θ to ι 5:45 PM
 - 12th ι to κ 4:54 AM
 - 14th κ to λ 2:14 PM
 - 16th λ to μ 9:27 PM
 - 19th μ to ν 2:14 AM
 - 21th ν to ξ 4:43 AM
 - 23rd ξ to ζ 5:42 AM
 - 25th full moon Ω to μ 6:40 AM \downarrow * moon is in
- * \downarrow a good time to plant - when a water sign

Veggie	Planting mo.	Days - harvest
• Beans, snap	mar-apr, aug-sept.	50-60
• Beans, pole	mar-June	60-65
• Beans, lima	mar-June	65-75
• Beets	Sept-mar	60-70
• Broccoli	aug-Feb	60-70
• Cauliflower	Jan-Feb, aug-oct	55-60
• Corn, sweet	mar-apr	80-85
• Cucumber	Feb-apr	50-55
• Eggplant	Feb-mar	80-85
• Endive, escarole	Feb-mar, sept	90-95
• Kohlrabi	mar-apr, oct-nov	50-55
• Lettuce	Feb-mar, sept	50-80
• musk melons	mar-apr.	75-90
• cantalopes	mar-may, aug	50-55
• OKRA	Jan-mar, aug-nov	100-130
• onions	Feb-mar.	90-95
• parsley	mar-may	70-80
• pea, southern	Feb-apr.	70-80
• Pepper ^{sweet} hot	mar-June	120-140
• potatoes	mar-apr.	55-65
• spinach	mar-apr-aug	90-110
• Squash	Feb-aug.	75-85
• Tomatoes	mar-apr.	80-100
• watermelon		

From:

Leon County Food Co-op
 702 S. Macomb St -
 Tallahassee, Fla -
 32302

Send To: