



HERE YE, HEAR YE

Attention all cooks, writers, & artists! LCFC is compiling a natural foods cookbook. Putting together a cook-book is a complex project. We are seeking your ideas and your talents; we are inviting you to contribute any input that will help to integrate the cookbook. The cookbook will reflect the variety of ideas contributed, and will embody different approaches to natural foods cooking.

Suggested areas for contributions are

June/July 1976 #4

Recipes (soups, casseroles, bread, desserts, complete breakfasts, Chinese, Mexican, Italian, etc.)

Cooking ideas

Storing, freezing, & canning information

Nutrition tips

Easy-to-prepare meals.



Turn in your recipes and artwork to the Newsletter Box in the Storefront Office. The deadline for submitting works is **JULY 17**.

This date has been set so that the cookbook can be printed this summer, and displayed in the Storefront this autumn.

Leon County Food Co-op
649 W. Gaines
Tallahassee, FL
222-9916
Open MON thru FRI
10 am. to 7 pm.
Open SAT
10 am. to 6 pm.
\$5 per household per year.

CO-OP NEWSLETTER #4

From the Editor.....

Are you tired of reading articles written by the same people every month? Why not write us an article, yourself? This Newsletter exists as a forum for members. Write an article about something you know about and want to share with others: herbs, canning, drying fruits and vegies, bread making, wild and edible plants, crafts, chickens, goats, fruit trees, house plants, and so on. Share your knowledge with us. The deadline for the next issue of the Newsletter is July 1.

Special thanks to Ford Lawless, who spent many hours tracking down a new printer for the last issue of the Newsletter. Our first printer tripled his price and we were forced to look elsewhere. We lost money, last issue, but have now found someone who will give us a better deal.

NEWSLETTER STAFF

Editor - Debi Powers
Co-Editor & Typist - Tana McLane
Advertising - Joy Clark
Hand lettering - Melynda Reid
Artwork - Melynda Reid & Tana McLane
Writers - Pat Handschy, Dynee Marmish, Tana McLane, Melynda Reid, John Woodward, Debi Powers

SELL YOUR ORGANICALLY-GROWN VEGIES
AT THE CO-OP!

The Co-op wants to buy vegetables from local growers, as much as possible. If you have vegetables to sell, call the Co-op and talk to one of the co-ordinators. Vegetables are ordered from the regular supplier on Thursday of each week. Call the Co-op before they order on Tuesday, so that we can plan to buy you vegetables and not order any more than we need from the supplier. The Co-op pays standard market prices.

LCFC phone no. - 222-9916

10% off STEREO WORLD 10% off

- has the best deals on the best equipment in Tallahassee
- our service dept. can fix anything faster & better than any organization in Tallahassee

bring this coupon ad into Stereo World & get a 10% discount on parts or accessories

650 West Tennessee between Co-op Books & Co-op Records
222-9600 or 222-0812
coupon expires 30 June 1976

10% off Stereo World 10% off

CO-OP SUPPER MEETING

The last supper meeting was held under threatening skies, on May 16. The Alumni Village Recreation Center was locked, so we had our supper outside. Luckily, the rain held off long enough. At the general membership meeting, two board members were elected. Our new BOD members are Amy Jacobs and Barry Snitken.

There was further discussion about the food dilemma. Fred Eyster spoke to members about a delegation of farm workers who would be in town to lobby for a bill before the state legislature. Members of LCFC voted to donate \$100 worth of food to feed the delegates.

Co-op suppers are fun and informative. Decisions are made in which you could take part. Come and join us on the third Sunday of each month at 2:00, Alumni Village Recreation Center. The next Supper Meeting will be held on June 20.

Custom Leather Specialists Custom Sandals

**All Hands
board**

Wood Carving 205 S. Monroe
Phone - 222-5071

THANK YOU FROM THE FARM WORKERS

Please convey to the members of the Co-op our great thanks for their contribution to the farm workers' visit to the state legislature last week. The \$74.03 worth of food, plus 10 pounds of whole grain spaghetti, went far toward supplying the meal needs for over 200 workers on Tuesday.

Especially when the workers were stopped on the Capitol steps, I was glad for your sign of hospitality. Folks within the movement, as well as without, need to know that the Capitol City welcomes them and some people support their struggle for justice. Your action, consistent with your store policies, affirms the principle that we, who benefit from the labor of the farm workers have a responsibility in solving the problems that plague their lives.

Thanks, too, to Toni, who gave generously of her time and energy preparing the breakfast of oatmeal, which worked admirably as a menu for that morning.

While the legislature was defeated this session, we think progress was made toward passage of some bill next year. We hope to be able to come to Tallahassee again then, and look forward to seeing the likes of you.

Gratefully,
Fred Eyster
Interim Director
Florida Christian
Migrant Ministry

NOTES FROM THE CO-ORDINATORS

In order to comply with the agricultural inspection laws, LCFC can no longer provide jars for honey. In the past, we have had jars in the store for members to use, that were brought in by the members themselves, as a recycling measure. We have to ask that you no longer bring jars in to leave here. From now on, bring your own jar when you come to buy honey.

We can no longer recycle egg cartons. We are now buying them from Tyson's.

All packaged-in-the-store items, such as raisins, cheeses, etc., must have a special label. We had a rubber stamp made for the stick-on labels.

If anyone has some wire cutters they would like to donate to the Co-op, we sure need them.

If you have any suggestions for food to be carried or "special ordered", there is a list by the office door. If it's placed on that list, we'll try to get it.

Very special thanks to Aaron Rosenberg for all the help he's been and will be.

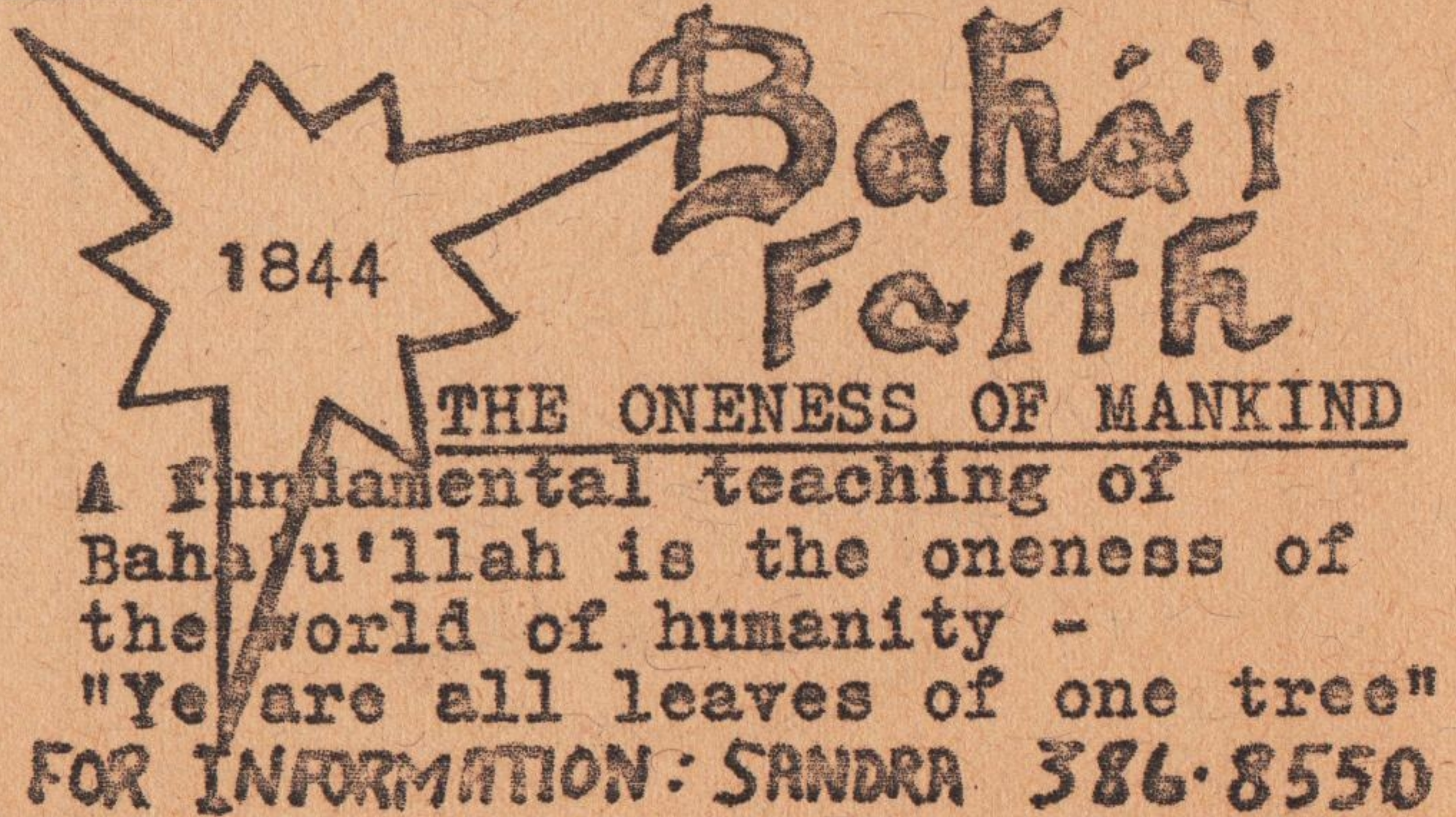
Remember -- Summer months are lean months for LCFC. Please support us.

We pay a fee when the dumpster is emptied, so it's important that it be filled up as much as possible. If you put boxes in it, be sure to break them apart.

Softball games are at 4:30 every Sunday, unless rained out. Lots of fun!

The Covered Dish Dinners are every third Sunday of the month, at 2:00 PM. Bring a dish and plates, fork, spoon, glass, etc. And be prepared for some good eating. Next one is June 20th. Come and celebrate Father's Day.

June 20th, at 6:00 PM, on WFSU-FM, there will be a program for senior citizens, featuring the Leon County Food Co-op. Representatives Edna Greene, Freddie Kaye, and Patricia Handschy will talk about the Co-op and how senior citizens (and everyone, for that matter) can benefit nutritionally and financially from being Co-op members.



1844

**Bahá'í
Faith**

THE ONENESS OF MANKIND

A fundamental teaching of
Bahá'u'llah is the oneness of
the world of humanity -
"Ye are all leaves of one tree"

FOR INFORMATION: SANDRA 386-8550

There are only a limited supply of Newsletters available, so only take one per membership and pass 'em around.

Please remember that your membership every year unless you're a lifer. You can check at the cash register in the blue membership book to find out. Look up your name or number, and if there are asterisks between the words, you need to renew.

Things going slow at the register? You can speed things up by making sure you know the price of all the groceries you're buying, by telling the assistant co-ordinator your percentage, and by bagging your groceries quickly.

Here's a tip: there is a stand that pulls out at the end of the register table (where the bags are) You can put your bag or box on this and then fill it up.

Co-op Books & Records
652 W. Tennessee St.

Now in:

Co-op T-shirts	Downbeat
New Posters	Village Voice
High Times	Communities
Christopher St.	Liberation
Dance Magazine	Second Wave
After Dark	Film Magazine

Open 10-9 Mon-Sat / 12-6 Sunday

The large metal tins, hampers, crates, and anything members have requested in the past are put outside between the dumpster and the loading door. If you want anything, feel free.

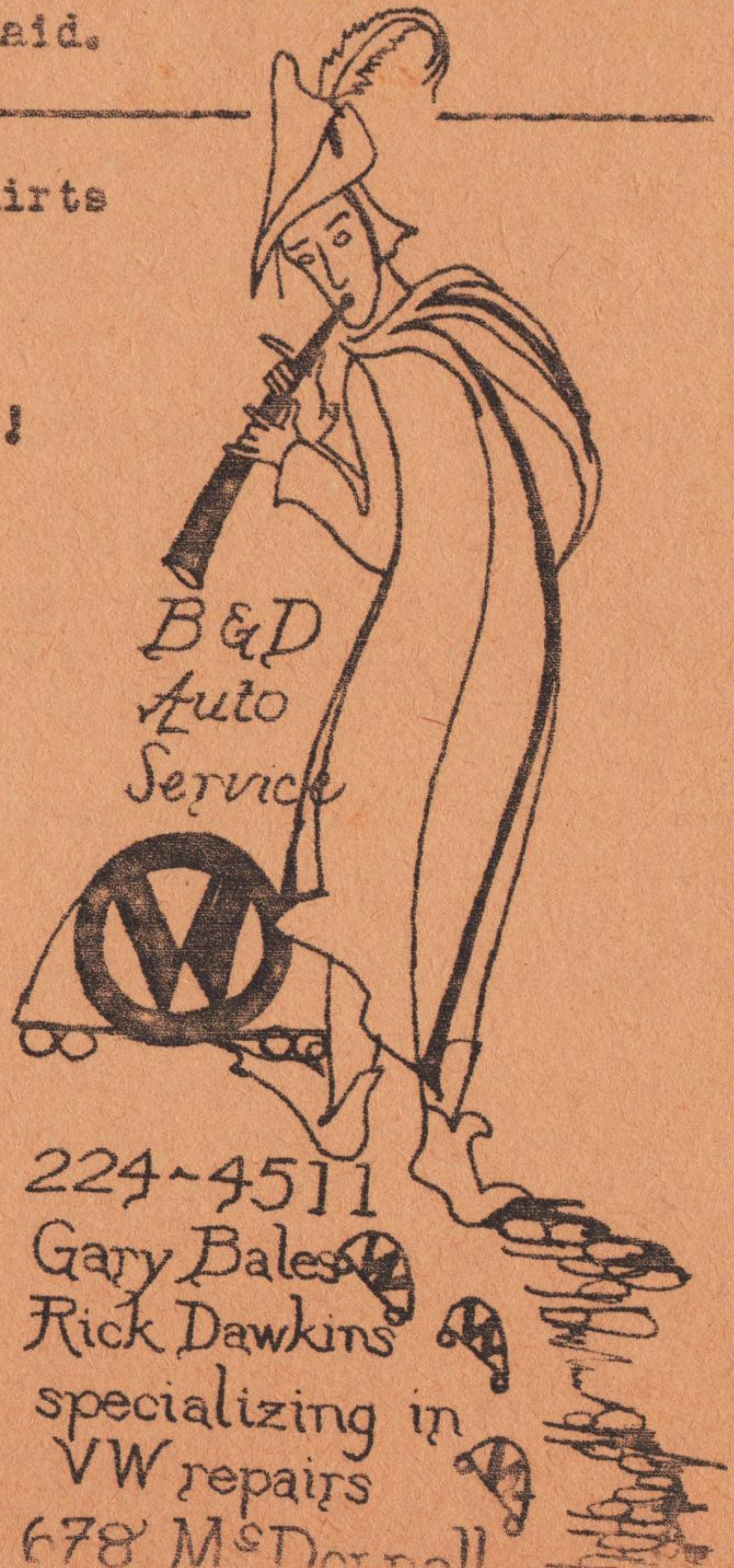
If you ever re-stock vegetables, please be aware that there are air vents in the front of the cooler in the storefront. These vents must be left unblocked.

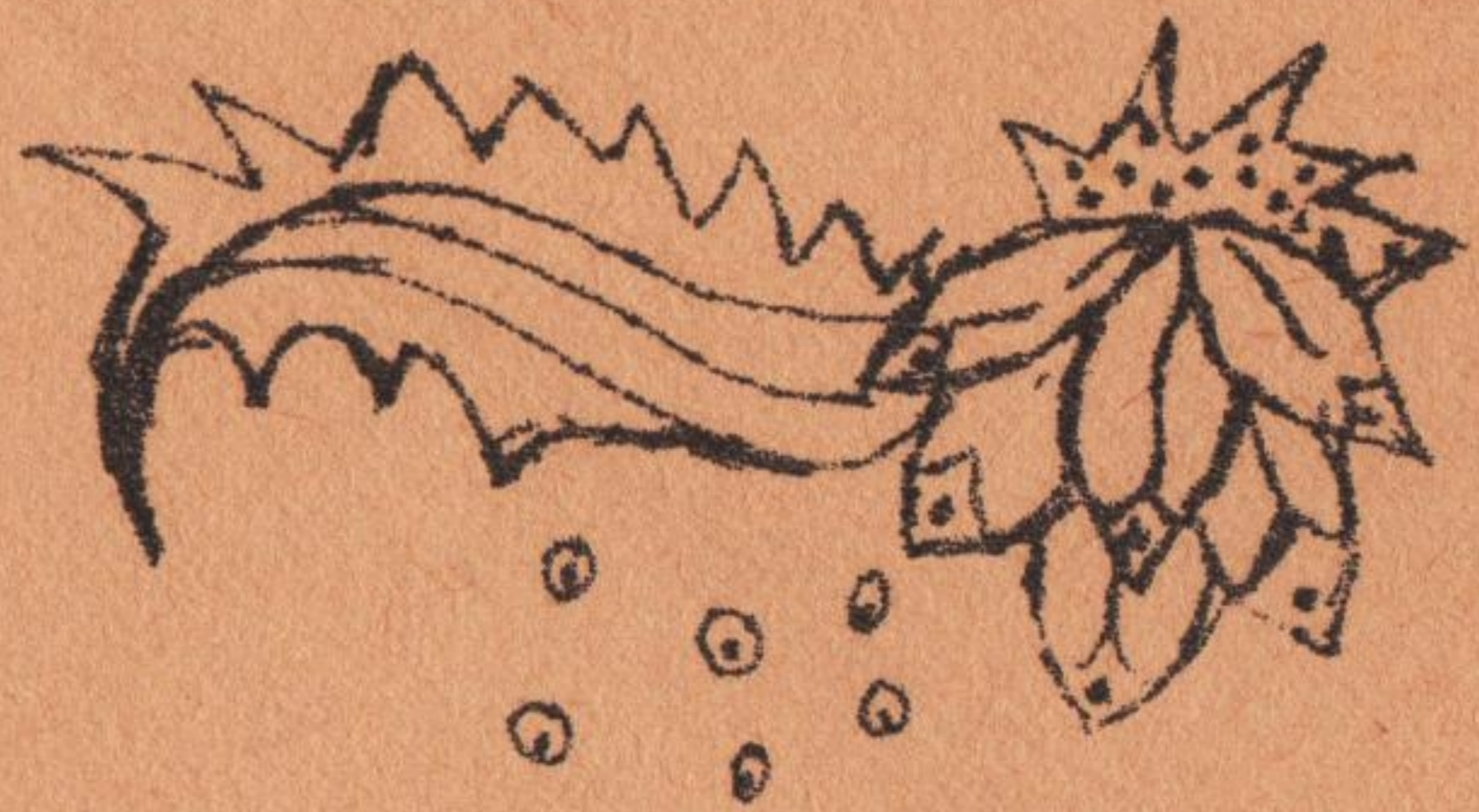
If your children play in the living room, you are responsible for leaving it picked up and clean. Please do this so someone else doesn't have to be a maid.

LCFC T-shirts

ARE

HERE!!





DIRECTIONS FOR THE NEWSLETTER

This is Issue #4 of the Leon County Food Co-op's Newsletter. We, the staff, want to take this moment to inform you of what is happening, and to invite you to express yourselves within the pages of the Co-op's publication.

The Newsletter is changing, evolving. It is the debut publication of those of us who are involved. Though we try to avoid set ideas on what a newsletter should be, we do have some hopes as to which ways the Newsletter could grow. Our intention is for the Newsletter to provide members of the Co-op with an outlet for expression, for the benefit of the individual members, and for the Co-op as a whole. It is an experiment, as is all experience. We are learning, and want to open a channel for the community to communicate within itself and to reach out to others who can join the flow.

The Newsletter is a community bulletin board. It is a place where the Co-op business will be recorded and offered to all the members. Meetings, proposals, and decisions (and even indecisions) will be printed. These are printed because it is important for a member-owned Co-op to inform its members as to what is going on, what the influences are, and what decisions need the participation of all the members.

There are also free-form aspects to the Newsletter. We encourage contributions of articles, and invite feedback letters on the Newsletter and on the Co-op itself. (There is always room for improvement.) We are open to editorial comment on important issues.

We hope to offer a feature article in most issues of the Newsletter. These are written by members who are not regularly on the staff. These articles are up to you. They can explore any aspect of the Co-op. They can discuss food or recipes. Or they can expand in any direction that is of interest to you and your friends.

Please write the topic of your article clearly at the top of the paper. This helps us to know what you are writing about or referring to (as in feedback letters and other forms of response), and helps to eliminate some of the vagueness that surrounds miscellaneous contributions.

The Newsletter has very limited space. Consequently, there is a need for limiting the number of works that are printed in any given issue. Articles that are not printed in the month they were turned in will be printed in an issue that is to follow.

The Newsletter tries to operate in the black. We support our publication through our advertisements. Ads cost only \$5.00 for a space of roughly 3" wide by 2" high. We are flexible concerning advertisements. We will print professionally-drawn ads from other publications, if that is what the advertiser wishes. Or we offer the services of several artists who contribute regularly to the Newsletter. Or we can print an ad that is drawn up by the advertisers themselves. Our Newsletter circulates 1000 copies per issue now, and that is good, cheap, and local advertising for \$5.00. The money from the ads pays for paper, supplies, and the cost of printing.

This has been a brief run-down of the functions and projected purposes of the Newsletter. There are a few ideas that are evolving in the direction of personal, one dollar ad space for members (perhaps non-members, also) who have something to buy, sell, barter, trade or announce. We would like some membership response to this. The dollars would go toward the continued support of this publication. In short, we are growing and learning. Input from you will offer new and diverse facets to the Newsletter that is to serve you. Feel free to share what you have to say.

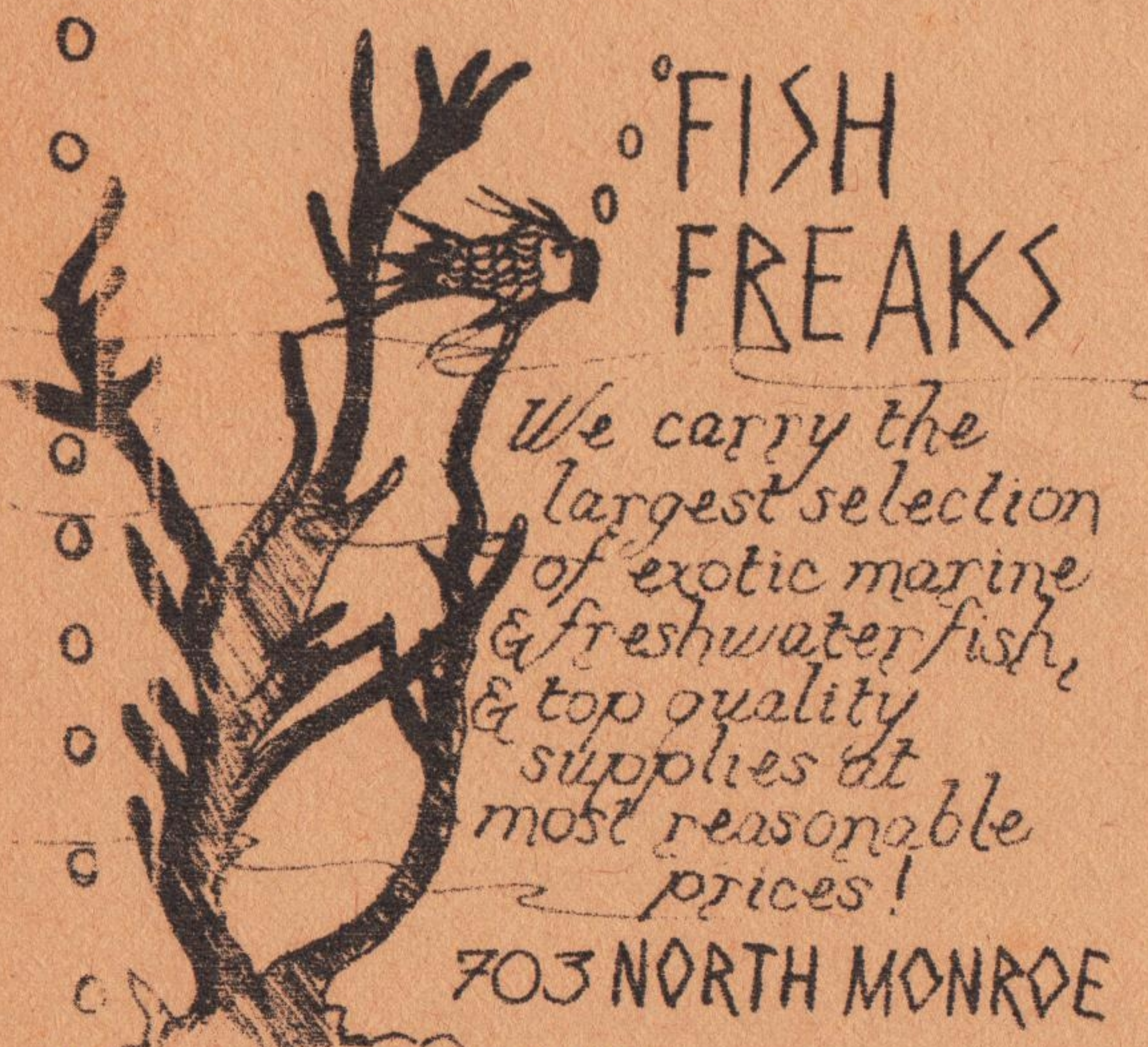
When you contribute an article, etc., turn it in to the Newsletter basket in the office of the Co-op storefront. We always print the date of the deadline for the next Newsletter. This is the last day (though we are a little flexible) that we like to have articles turned in for the forthcoming Newsletter. It helps us to organize around a deadline that we set for completion.



Monthly Financial Report for May

Submitted by John Woodward

Gross Revenue	\$48,743.70
Less cost of goods sold	42,913.50
Adjusted gross profit	\$5,830.20
Membership Income	990.00
Fines	17.00
Other	55.91
	<hr/>
	6,893.11



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FREAKS

We carry the
largest selection
of exotic marine
& freshwater fish,
& top quality
supplies at
most reasonable
prices!

703 NORTH MONROE

SPECIAL OFFER:
20 gallon long tank
with complete basic
set-up \$ 29.95 with ad.

Jim Wilkinson
Jim Barnard 224-3206

Your body deserves it!

A stylized illustration of a smoothie glass with a straw and a bird, possibly a toucan, perched on the rim. The background features a large sun or moon and a dark landscape.

Nature's Way
a natural foods restaurant

Smoothies	Soups (made daily)
Natural Ice Cream	Salads (to order)
Fresh Juices	Dinners
Herbal Teas	Sandwiches

1932 W. Tenn. (Univ. Plaza)
8 blocks west of F. S. U.
224 2043

A small illustration of a basket filled with various fruits, including apples and oranges.

Operating Expenses:

Supplies	\$ 158.13	
Rent	916.56	
Payroll	1200.00	
Utilities	157.69	
Phone	163.38	
Advertising	228.80	
Taxes, payroll	70.20	
Cooler repair	253.49	
Petty cash	451.63	
Refunds	<u>4.21</u>	
		\$ 3,584.15

Other Expenses:

I.R.S.	9.54	
Donation to Hike Bike	12.50	
Coupons	<u>1.20</u>	
		<u>23.24</u>
		3,607.39

Net Income \$ 3,285.72

Cost of goods purchased	51,147.12
Accounts receivable	5,024.99
Accounts payable	11,005.14
Outstanding loans debt	20,485.00
(\$14,400 of which matures in April 1981)	

164
herbs
&
spices
hollow
log
planters
exotic
plants
tea
blends
cosmetic
blends
sachets
potpourris
essential
oils
charts
dried
arrange-
ments
herb
plants





Black Creek Crafts,
Herb & Spices
118 E. Call St

OPEN
TUES
+ SAT
10 + 6

Experience herb lore,
Nourish the inner being,
Become one with Nature ----

Dr. James R. Fisher was murdered a few hours after a distraught student bought a hand-gun from a local shop. The student mentioned that he wanted the gun for protection; he answered "no" to the questions listed on federal form 4473 as required. No attempt was made by the clerk at the shop to determine whether the student had represented his identity, his background, & his motives correctly before selling him the loaded gun. A waiting period of 24 hours would have allowed

- TIME to investigate the student's recent behavior. (Another gun shop had found his behavior in the shop sufficiently questionable to deny flatly his attempt to purchase a Smith & Wesson earlier that day.)
- TIME to verify the accuracy of his responses on federal form 4473. (A man intent on murder & suicide has no reason not to lie.)
- TIME to alert the FSU faculty. (He was a doctoral candidate who had recently been informed that he had failed his oral comprehensives and could not continue his work towards a Ph.D.)
- TIME for his friends to calm his distress.

A mandatory waiting period would have given Dr. Fisher his life-time, and his student another chance.

Write your legislators,
your newspaper editors,
& your friends demanding a
STOP,

a pause, to prevent further deaths by a brief staccato of gun-fire & fury. Demand a mandatory waiting period for the purchase of hand-guns. Demand a mandatory investigation of a prospective buyer's background & identity before permitting him to buy a hand-gun.

Write now to

- ① Hon. Don Tucker
Office of the Speaker
235 Capitol
Tallahassee, FL 32304
- ② Repr. Herb Morgan
334 House Office Bldg.
Tallahassee, FL 32304
- ③ Hon. Dempsey Barron
P.O. Box 1638
Panama City, FL 32401
- ④ Senator Pat Thomas
Room 332
Senate Office Bldg.
Tallahassee, FL 32304



In late May, I received some feedback on this column as it appeared in Issue #2. Martha Sheetz wrote to tell me that she steams vegetables for only ten minutes (sometimes less). This prevents nutritional loss and keeps the vegetables from becoming mushy.

Martha also passed along a method of meal preparation that is simple and efficient. She uses the idea of preparing extra brown rice when she cooks it, to be included in other recipes during the week.

Using either a wok or cast iron skillet, she sautees vegetables in a small amount of oil. Placing the vegetables she chooses into the utensil, she covers and cooks them over low heat for five to fifteen minutes. Near the end of this time, she adds cold (pre-cooked) brown rice, either on top of the vegetables or mixed in with them. She adds herbs and seasonings at this time.

This meal takes little preparation time if the rice is cooked in quantity at a time convenient for you.

What efficient shortcuts to nutritious meals have you evolved? This column intends to provide a place to share ideas that will benefit many people. Feel free to contribute your knowledge of simple methods for simple eating.



Quiet Connection, inc.
Natural Food Brokers
is interested in Bulk
Purchases of any organi-
cally grown produce or
commodities. Please
drop ZCI a line at
ZCI
Box 1883
Sarasota, FL
33518
(813)-349-1215



This column will be concerned with nutrition for pregnant and lactating women who are vegetarians. Claire Harbin Collins is featured in this column. Claire was a manager of the Co-op from March to August 1975. She is now eight-plus months pregnant, and has worked out her vegetarian diet to accomodate her needs for large amounts of protein.

D: Claire, I have heard that you are a strict vegetarian. How strict are you?

C: Well, I have eliminated eggs from my diet, as well as meat and fish.

D: I assume that protein requirements during pregnancy are very high. How much protein is required?

C: It really depends on your body and weight. During pregnancy, you need twice as much protein. I would recommend Diet for a Small Planet by Frances Lappe, to help you work out your protein requirements. It is especially important to learn how to make complete protein by mixing different amino acids. During my pregnancy, I have tried to eat more than 100 grams of protein each day.

D: Could you describe some meals which help you to meet your protein requirements?

C: Breakfast - 1. Protein drink (made with protein powder)
2. Cereal and milk (cereal is made by mixing 1/2 granola and 1/2 soy granules)

D: Soy granules? Don't they have a strange taste?

C: No, actually they taste like wheat germ or Grape Nuts. They are very good and really boost the meal's protein.

Lunch - 1. Protein drink
2. Cottage cheese and steamed vegetables (usually greens, like spinach, which contains Vitamins A,C, and iron)

Dinner - 1. Bean dish (super high protein dish, like lentil loaf, soybean burger, bean soup)
2. Corn bread, or something whose protein complements the beans

Before bed - Protein drink

Snacks - Nut mixtures, yogurt, cheese, fruit

D: What kind of vitamins do you take?

C: I use Shaklee vitamins because they are pure vegetable vitamins, with no synthetics or chemicals. They are uncooked so that nothing is destroyed by heat. The only processing is to remove the undigestible cellulose material. These are the only truly natural vitamins. Actually, a company is allowed to make vitamins that are mainly synthetic and call them "natural". Requirements are very loose.

D: Do you really think that it is important to take high-quality vitamin supplements?

C: Definitely. During my pregnancy, I have not been bothered by water retention, swelling, or leg cramping, which are common problems for pregnant women.

D: What does your doctor think about a woman who is a strict vegetarian and insists upon using her own vitamin supplements?

C: He thinks I'm rather strange. But at least he's open to new ideas. The thing is, most doctors have very little training in nutrition. For example, a lack of vitamin B₆ will cause retention of fluids. A friend of mine was told by her doctor to cut of her salt intake to reduce fluid retention. Instead, she added brewers yeast to her diet and increased her intake of salt. Her doctor was amazed that her fluid retention ceased with salt still in her diet, and insisted that the brewers yeast had nothing to do with it!

D: OK, what is the best advice you would give to pregnant women who are vegetarians?

C: The two most important things are: adequate protein intake and vitamin supplements. Your body will let you know if you're doing things right. On days when I'm eating right, I feel wonderful - healthier than I've ever felt in my life. But if I'm busy, or it's too hot to cook, and I just don't get enough to eat, I don't feel so good.

D: Claire, thanks for sharing with us some of the things you have learned and are experiencing.

C: I hope that maybe I've been a help to someone. I'm not an expert. I don't know everything. But I have read a lot, and have worked out a nutritional plan that works for me. There are so many books that can teach you so much about nutrition and the birth experience, in each stage of development. There is no reason or excuse for a woman to be unaware of what is happening to herself and her child. Good nutrition is the best thing you can do for yourself and your unborn child.



AS THE WORM TURNS

AS THE WORM TURNS.....Organic Gardening Ideas

by Debi Powers

June. What a beautiful time of year! The garden is covered with rich, dark green vegetation. (If you put down a thick mulch in the spring, the vegetation is crops, not weeds.) Praying mantises have hatched. Bees are gathering nectar and pollinating crops. The soil is dark and healthy and alive with earthworms. And the produce is plentiful - peas, beans, tomatoes, cucumbers, squash, peppers and corn. Don't they taste better than the store-bought vegies you've been eating all winter? And besides, they haven't been sprayed with poisons! Hopefully, you are saving some of your produce for winter - canning, freezing, drying, pickling. In the middle of winter, there is nothing better than a jar of vegetables that are home-grown, home-canned, and organically raised.

With all the rain we've been having, we certainly haven't had to water our gardens lately. Vegetables are constituted mainly of water, so all the rain has produced not only healthy foliage, but crisp vegetables, as well. There are some drawbacks to having such a large amount of rain. The most obvious are erosion and poor drainage. Both of these problems ultimately result from inadequate soil constitution. A soil with the proper percentage of sand and humus, covered by a thick mulch will usually not suffer from these problems.

Leaching is the main problem caused by a lot of rain. Leaching is the reason tropical rainforests have poor soil while the U.S. Great Plains, which receive little rain per year, has very rich, black soil. Lately, Tallahassee has seemed like a tropical rainforest! As a result, the nutrients and minerals in our garden soils have been leaching away. If this weather continues, you will begin to see nutrient deficiencies in your crops. The solution is to keep adding organic fertilizers to the soil - compost, manure (dry, not fresh), sewage sludge. Mulch will slowly decompose and add nutrients. See how important mulch is? I've mentioned mulch three times, already.

Another important thing that small gardeners should remember is to be

efficient. In order to produce as much food as possible, you should be ready to plant something else as soon as production for a certain crop ends. For example: after potatoes are dug, plant something else in the space. Using this method, you can produce a lot of food in our long growing season.

Interesting fact: Praying mantises have become very popular in the control of insect pests. A Virginia State Legislator has proposed a bill making the Praying Mantis the state insect!



MAKE ROOM

FOR ONE MORE



Because of overcrowding at the Shelter many adoptable animals are destroyed every week. In an attempt to place these animals, we are asking you to make room in your hearts and in your homes to be a "Foster Parent" to these animals for anywhere between 2 days to 2 weeks so that we may have time to take them to adoption booths to find them homes.

**L
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877-
7210
or
1256

Foster homes may be apartments for small animals to fenced yards for medium to large animals. We will give the prospective "Foster Parent" all available information concerning the animal before placing it. If you would be able to help please contact **NANCY FOOSE** at 385-0895.

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112 E. Call St.
224-2728

BALLOT

Food Dilemma

The following ballot was used to determine how LCFC members feel about the kinds of food the Co-op should carry. Ballots were available for one month--from May 14 to June 12. All members were urged to express their opinions and influence the direction in which the Co-op will go in regards to the ordering and stocking of food. The Board of Directors would like to thank all of you who participated. Results on specific items have not yet been counted but none of the items have received over-whelming support.

Section I

Check the one below which most nearly expresses your feelings concerning the food dilemma:

- 20 1. To stock only natural food items, eliminating some items presently offered. (flavored Dannon yogurt, Danny Bars, white sugar, Vegie Burgers)
- 293 2. To stock predominately natural food items (allowing flavored Dannon yogurt, tomato paste, etc.), but to eliminate items containing chemical additives (BHA, BHT, Nitrates, Nitrites)
- 51 3. To develop eventually into a full-line food store, stocking standard grocery items (except meat), in addition to present stock.
- 45 4. To develop eventually into a full-line food store, stocking standard grocery items (including meat), in addition to the present stock.

Specific Items: Below is a list of items that have been suggested for stock at Leon County Food Co-op. If there are any specific food items that you feel fall within the realm of your vote above, and you would like to have available at your Co-op, please check below.

- | | |
|---|---|
| <input type="checkbox"/> fresh seafood | <input type="checkbox"/> canned vegetables (corn, tomato paste) |
| <input type="checkbox"/> frozen seafood | <input type="checkbox"/> canned prepared foods (chili, soups) |
| <input type="checkbox"/> beer | <input type="checkbox"/> fresh meat |
| <input type="checkbox"/> wine | <input type="checkbox"/> packaged meat |
| <input type="checkbox"/> white sugar | <input type="checkbox"/> frozen meat |

If there are any items other than those listed above (maintaining vote integrity), please list: _____