

Issue #1

March '76

# CO-OP NEWS LETTER

Leon Co. Food Co-op

702 S. Macomb St.

Phone 222-9916

## We Are Moving!

Rumor has it that we're going to relocate. Well - we're working on it. You all know our present storefront is bursting at the seams, but you may not know that our present location is up for urban renewal in the near future. So we have to move.

We've been considering the vacant Richard's IGA store on Gaines St., just a few blocks away from our present storefront. At this new location, we plan to divide the space and share the rent with the people organizing a warehouse for all the Southeast co-ops.

Hopefully, we will also have lots of space for all our community's needs. Let's all think about setting up spaces for children, for visiting with each other, for bartering and sharing goods, and maybe even for doing our laundry!

We'll be needing lots of help to move. We'll need the talents of each of us - every carpenter, cleaner, shelper, packer, mover, trucker, painter, architect, interior designer, artist, and sign painter amongst us. So come in and sign up for one of the task committees now forming. Lists will be posted next to the work sign-up sheet.

## CO-OP Suppers are a Success

The Co-op has begun a new concept in general meetings. Instead of the old lecture-room-type meetings, we have begun covered-dish-supper meetings. There have been two already - one in January and one in February. If you didn't attend, you really missed some good times. Both times the food was fantastically good, and it provided a relaxing time to meet and talk with fellow Co-op members.

The next covered-dish-supper meeting is scheduled for Sunday, April 4, at 2:00-5:00, and will be held at the Alumni Village Recreation Center. Don't miss this one!

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"Most American towns and neighborhoods are not yet communities; they are only localities in which people live near each other, with but beginnings of community. A true community is a living and social and spiritual organism, growing out of a living past."

Arthur Morgan 1957

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From the Editor

Debi Powers

This monthly newsletter will be a means of communication. Hopefully, many of you will become involved in the exchange of information and ideas. The focus of this newsletter will be Co-op business, natural foods, health, ecology, herb folklore, and organic gardening. All suggestions and articles will be appreciated. I am particularly looking for a columnist to write monthly articles on natural foods cookings.

The deadline for the next issue will be April 3. Leave articles in my box at the store.

I would like to give a special thanks to the newsletter staff. They have all spent many hours and experienced many frustrations on this first issue. Thanks for all the help -- it will be easier next time!!

Present Newsletter Staff:

Editor - Debi Powers

Advertising and Drawing - Joy Clark

Typing - Randee Head and Tana McLane

Writers - Evadne Arney, Amy Jordan,  
Pat Handschy, Dynee Marmish,  
Debi Powers

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Ads are only \$5.00. If you are interested in placing an ad in the Newsletter, call Joy at 386-7837.

Here is a list of the current Board of Directors and their phone numbers. The Board was created to be the liaison between the membership and the coordinators. That's one of their functions, but it means you can talk to them, complain to them about anyone, anything, and they'll listen.

Board of Directors

Rob Dunn (chairperson)	222-6063
Earl Billingsley	488-9575
Melinda Reed	488-2451
Jeff Thompson	222-2047
Amy Jacobs	224-9861
Dale Wadatz	576-6561
Berry Sager	no phone

Storefront Co-ordinators

Pat Handschy  
Dynee Marmish  
John Woodworth

Custom Leather Specialists      Custom Sandals

All Hands  
board

Wood Carving      205 S. Monroe  
Phone - 222-5071

Coming!!! EARTH DAY  
April 24, 1976  
Saturday  
Landis Green FSU

Arts and Crafts  
Folk Singing  
Workshops  
Exhibits  
Art Show

FOOD DAY IS APRIL 8

This day was established to educate people concerning "junk foods" and the harms of chemical additives and processed foods. Every day is FOOD DAY at the Co-op!

Do you think this Newsletter needs a name? Give us suggestions!

RECIPE OF THE MONTH

In each newsletter, a natural foods recipe will be featured. Please submit your favorite recipes.

Granola

- 7 cups oatmeal
- 1/2 cup sunflower seeds
- 1 cup wheat germ
- 1/2 cup bran
- 1 cup coconut (shredded and unsweetened)
- 1/2 cup nuts (chopped)

Mix the above in large bowl.

- 1/2 cup safflower oil
- 3/4 cup honey
- 2 tsp. vanilla

Mix in small saucepan and heat. Pour over oatmeal mixture and mix thoroughly. Bake on cookie sheets in 325 degree oven until golden brown. Stir every 10 minutes.

Many thanks to Kristie Ortiz for the macrame plant hangers in the store.

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# CO-OP Business

## B.O.D. Minutes

Due to continued increased sales in the storefront, the Co-op's Board of Directors voted a much-deserved raise for the coordinators (managers), who will now earn \$65.00 a week. The Board also voted to have a rotating Chairship in the future, with each chairperson serving for two consecutive months. It was further decided that outstanding non-interest loans may be converted into two-year memberships.

Barry Sager proposed that a buying club be instituted for elderly people and others who can't get to the storefront. Interested LCFC members would serve as a liason for these people, and could receive their two-hour work credit for the time spent on the project. Anyone who would like to be involved should speak with Barry, or contact him by leaving a message at the storefront.

## 1600 and GROWING!

According to Earl Billingsley, the person in charge of the Co-op's computerized membership list, the Co-op now has approximately 1600 members. 1300 members are currently paid members. 300 need to renew their memberships, at \$5.00 per year.

There are several vacancies on the Board of Directors. Any member can be elected. If you are interested, come to the Covered-Dish-Supper Meeting on April 4, at Alumni Village Recreation Center, at 2:00.

## SALES!

The Co-op had \$30,000 in sales in January. No wonder we need a bigger store!



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Notes from the Co-ordinators

You might like to know-

There are some things in the Co-op that are neither healthy nor natural, but we try to keep them in one place. Look at what you're buying, read the ingredients. And remember - Bama jelly, Dannon yogurt, and frozen lemonade have sugar in them. Yellow cheese has coloring added to it. Gelatin is an animal product. Kutter's cheese does not contain animal rennet. Blond raisins are bleached.

The price per pound of items in plastic bags has 1¢ added to cover the price of the bag.

Milk and eggs are not marked up at the register because the price has already been marked up 5%.

Vegetables have 5% added to the price to cover any spoilage. Honey has 5% added to cover spillage.

The co-ordinators occasionally freak out.

Paper bags are kept under the register. Egg cartons are kept by the eggs, jars by the honey, brooms in the office, cleaning supplies by the sink.

Women - the co-ordinators feel women have needs as essential as towels and toilet tissue, and they are provided for in the restroom. Free.

When your gardens have grown, we'd like to buy your excess vegetables. We pay going market prices, and have to obey supply/demand laws.

If you use a plastic bag you've torn off a roll at LCFC, you'll pay a penny a bag. Please use the recycled bags provided.

Herbs don't keep well in hot humid climates, so we run out before we order again.

LCFC has a complete line of domestic and imported cheese.

There are about 400 expired memberships. Yours may be one of them.

Put your member number on any check you write.

The register runs out of change often. If you have the exact change, please give it.

LCFC, with the exception of Savenanda in Atlanta, is the most successful cooperative in the South. It is also the one with the least active membership.

The Co-op will soon have T-shirts with the Leon County Food Co-op logo on them.

Vegetables come in on Mondays, Wednesdays, and Fridays.

The Co-ordinators would like to know how you feel about artificial coloring and additives in the foods at the Co-op. For example, the only cheap cheddar cheese available has artificial color added. Would you rather have cheap cheese or cheese without artificial coloring?

# AROUND THE NATION



FROM: LIVING ON THE EARTH

## SOLAR ENERGY

Eight states have finally put their money where their mouths are in really supporting solar energy. These states (Indiana, Colorado, Maryland, Montana, New Hampshire, North Dakota) are now offering property tax concessions to people who install solar-powered systems in their homes or other buildings. Our Florida sunshine provides a great potential for energy. We should all put pressure on our state representatives to enact similar legislature.

Cape Canaveral will soon become the home of a one million dollar Solar Center, funded by the State of Florida to coordinate research in solar energy. Right on, Florida!

## EPA UNDER ATTACK

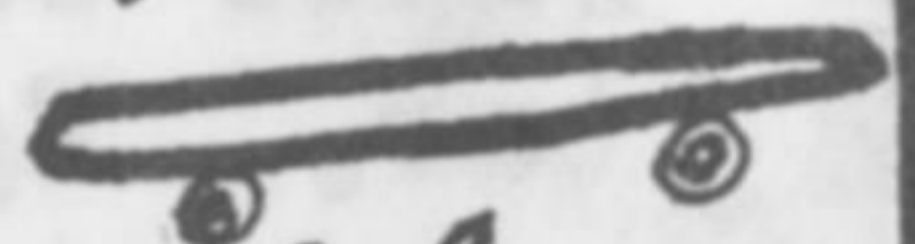
The agri-chemical industry is infuriated over EPA's banning of the environmentally hazardous insecticides DDT, aldrin, dieldrin, chlordane and heptachlor. These industries seem to be more interested in profits than the public welfare. As a result, they are using money and influence to lobby in Congress against the Environmental Protection Agency's power to ban harmful chemicals. Too many times, powerful money interests in the country have more influence in Congress than does the voice of average citizens. Our U.S. Congressmen need to know how we feel. Write them. It may do some good!

## The Great Bike Shop

210 W. College



Now has a complete line of skateboards and parts!



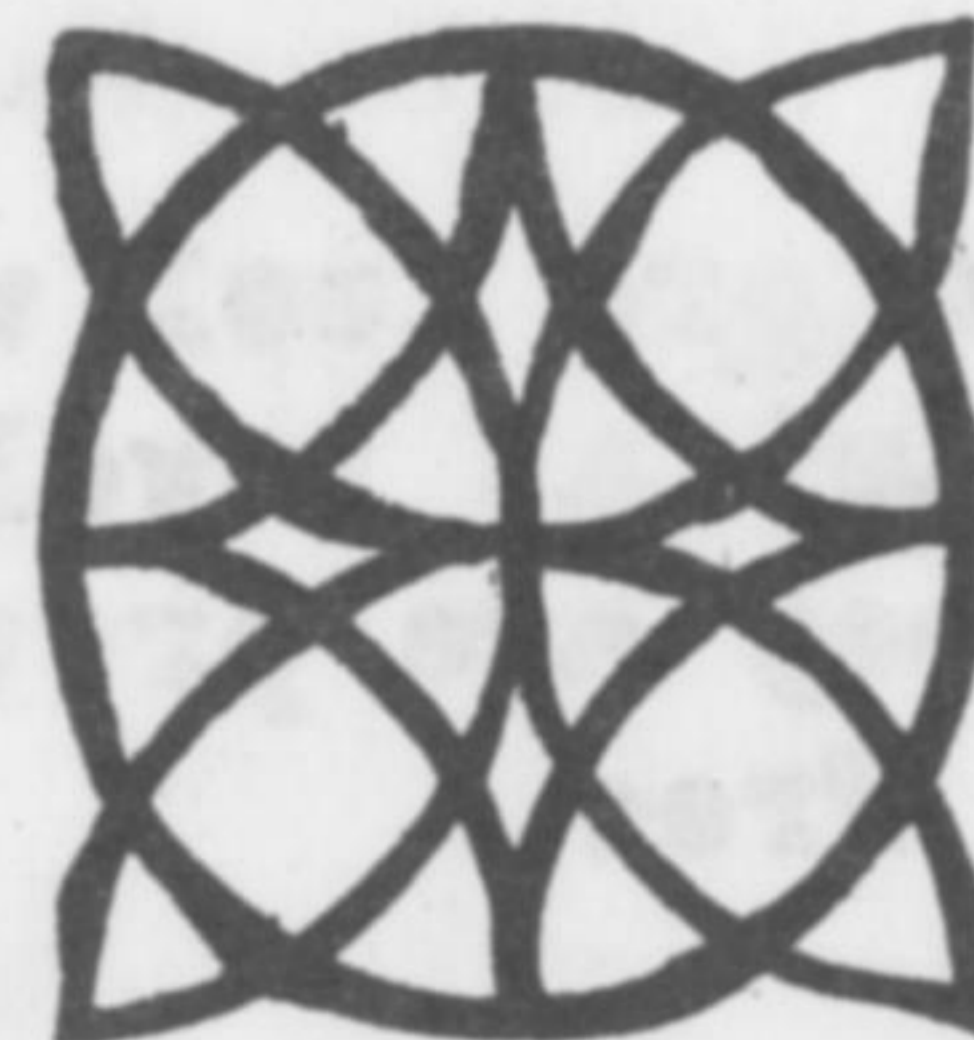
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### ORGANIC FARMERS WIN IN COURT!

Pat and Dorothy Langan have a small organic farm in Toppenish, Washington. In 1973 their crops were contaminated when the aerial application of Thiodan (used to kill Colorado potato beetles) drifted onto their land from a crop-dusting operation on a nearby farm. The Langan's crops could not meet organic standards set by the Northwest Organic Food Producers' Association. In 1970 the Langans helped establish the Northwest Organic Food Producers' Association, which is a group of growers, distributors and retailers who drew up firm rules for soil care, lab tests, and field inspection for members. After the 1973 spraying, the Langan crop was tested for pesticide contamination. The test showed 1.4 parts per million of Thiodan (ppm). While the FDA allows 2.0 ppm, organic certification requires .2 or less.

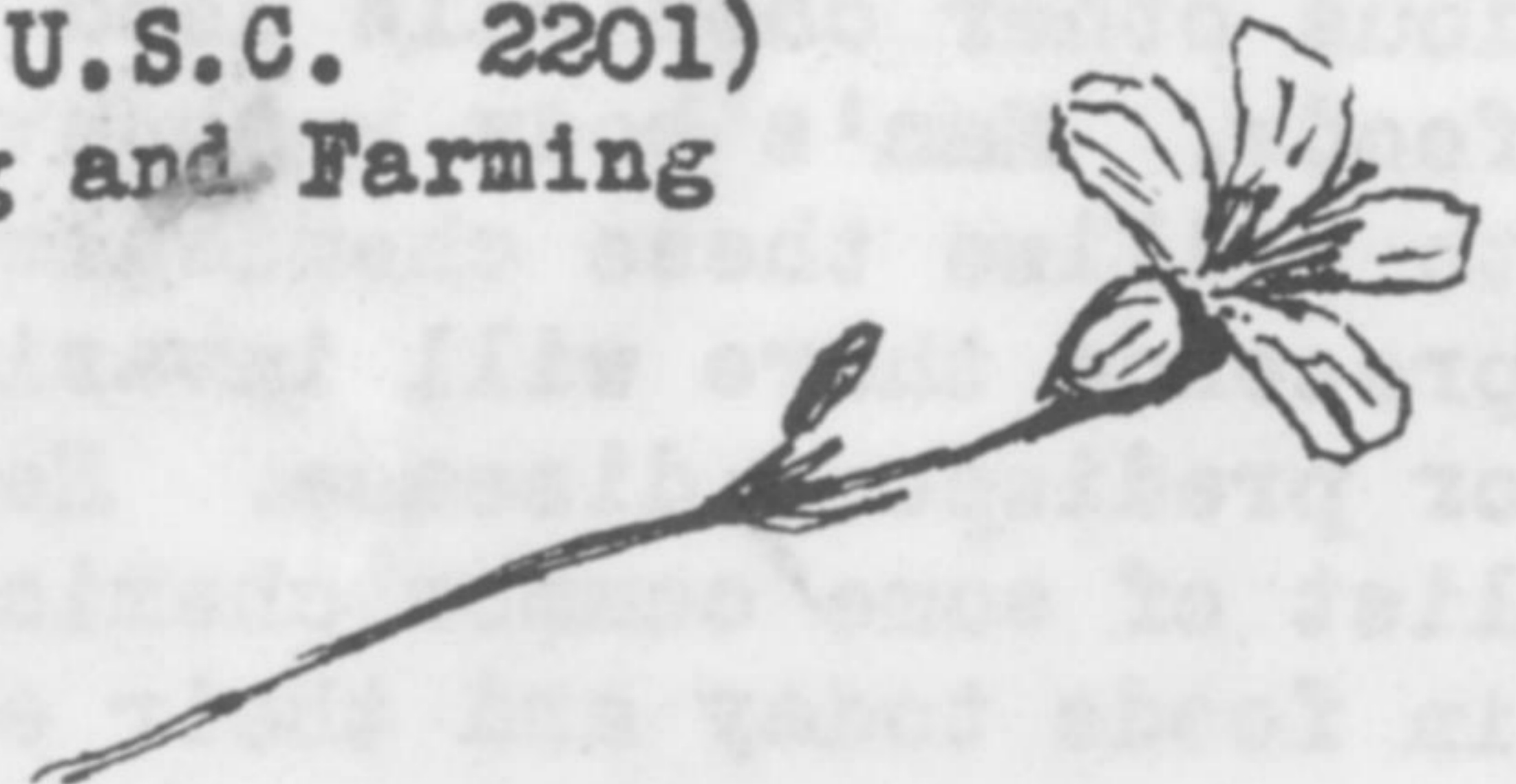
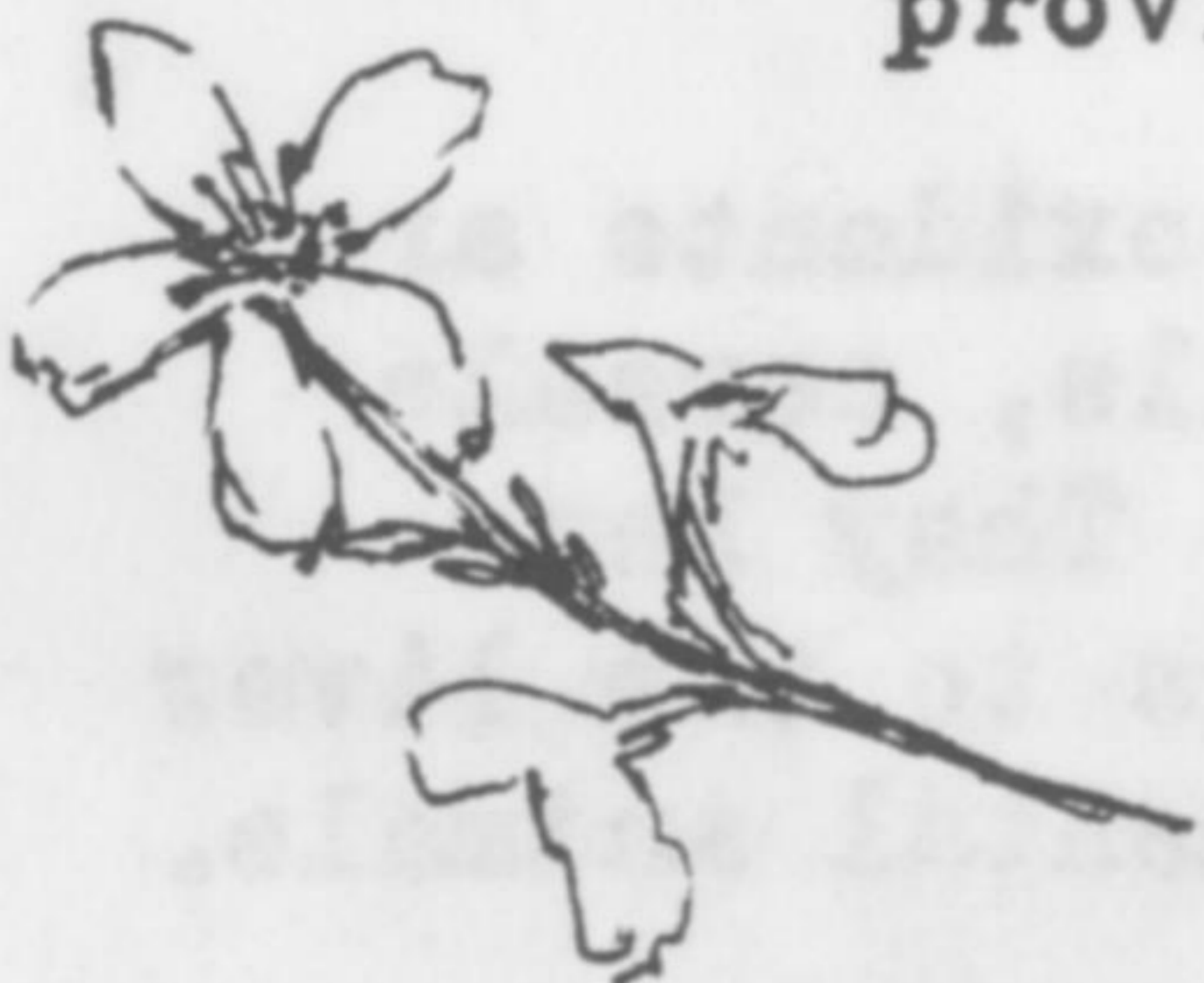
The Langans took the case to court. A judge and twelve-member jury decided that the spraying incident had destroyed the marketability of the Langan's organically-grown food, and awarded \$5,500 in damages! This is a landmark case -- the first of its kind!

Of course, chemical companies are not very pleased with the ruling, and are planning to combine resources to combat the decision by appeal. An appeal would not mean a retrial, but a review of the evidence by the Washington State Court of Appeals and then the U.S. Supreme Court procedure. If the decision is upheld, the appeal will be very beneficial to the organic movement because it will be given national publicity. It will also be a case which attorneys in other states can cite in similar lawsuits.

The major problem in the case is the heavy costs. A legal fund has been set up to help cover the cost, should an appeal be made. If there is no appeal, the money will be held for the next farmer who gets into pesticide-spray hassles. The fund will be very important. If you are interested in helping the organic movement in a very substantial way, please send a dollar or two to: Northwest Organic Food Producers' Association Legal Fund, Rt. 2, Box 2152, Toppenish, Washington, 98948.

Well, whataya know!!!!

The U.S. Department of Agriculture was established under provisions of the ORGANIC ACT of 1862 (7 U.S.C. 2201)  
(Information from "Organic Gardening and Farming Magazine")



Many new things are happening in the Nuclear controversy. In June, California voters will have the opportunity to vote on a nuclear safeguard initiative. If it passes, it will require the state legislature to determine whether or not nuclear plants are safe and if the existing limits on liability insurance should be continued or abolished. As it now stands, if a serious reactor accident should occur, victims could recover only a small amount of their loss. Several other states, including Maine and Oregon, are considering similar nuclear postponement measures.

A resolution has been passed by the Australian Council of Trade Unions, which begins: "In view of the danger of global radioactive pollution, the threat of nuclear proliferation, and the problems of disposing of radioactive waste..." The resolution goes on to forbid the selling of Australian uranium to countries unless they plan to use it for medical research and therapy.

Robert Pollard, Nuclear Safety Engineer at Indian Point Plant, resigned to publicize what he considers major safety concerns that are not being corrected. His resignation follows the resignations of three nuclear engineers for General Electric. These engineers believe that the American public should take a new look at nuclear power before continuing present and future progress.

Apart from the safety aspects of nuclear energy, many people are beginning to realize that uranium, which is the fuel that feeds all nuclear reactors today, is in limited supply. No new ore-producing areas have been discovered in the past seventeen years.

THE TERMINAL TWELVE: ADDITIVES  
FOR EVERYBODY

Additives consist of such things as dyes, artificial flavors, bleaches, anti-oxidants, emulsifiers and various other chemicals used to "refine" foods. Man's body was never designed to utilize these chemicals and their presence there will invariably cause or predispose disease. Here is a list of some common chemicals found in foods today and their effects.

(Reprinted by permission from the Hogtown Gazette - newsletter for the Hogtown Granary)

Chlorine - in drinking water leads to a high cholesterol level which is largely responsible for heart disease. It also causes hardening of the arteries.

BHA, BHT - These anti-oxidants are used extensively in oils, cereals and many other foods. They have caused extensive damage to the liver and kidneys in experimental animals.

Hydrogen - Hydrogenated vegetable oils are linked with high cholesterol levels. They are found in margarine, some peanut butters and vegetable oils. Hydrogenation is also used to solidify liquid vegetable oils.

Monosodium Glutamate (MSG) - is considered a carcinogen (cancer-causing). It is used extensively in restaurants as MSG, and sold in grocery stores as "Accent". It is a major constituent of many meat tenderizers, and is also found in many prepared foods sold in supermarkets. Its function is to break down the cells of foods, thereby tenderizing and releasing flavor. Unfortunately, it has the same effect on one's stomach, causing destruction to tissues. Experiments reveal that it causes brain damage in infant animals.

EDTA - Investigation reveals that EDTA causes liver damage in animals, and kidney damage in humans.

Carageenan - This is a thickener used in ice cream, puddings, etc. Experiments show that it causes ulcers in several animals.

DES - A hormone to accelerate growth of livestock. It is now illegal, as it has been found to cause uterine cancer.

Artificial Licorice Flavoring - This chemical results in many cases of heart failure and hypertension.

Brominated Vegetable Oils - Experiments have resulted in liver, kidney, thyroid and heart damage in cats.

Coal Tar Dyes - Most of these are highly suspect, but pressure from manufacturers appears to prevent the FDA from officially banning them. However, Citrus Red 2, Violet 1, and "butter yellow" are officially carcinogenic.

Antibiotics - Many types are fed to livestock. These can create havoc in the health of susceptible persons.

Nitrites and Nitrates - These are used to preserve the fresh blood-red color of meats, to color fish, and to improve the flavor of some baby foods. They are extremely carcinogenic. They also alter hemoglobin so that it cannot carry oxygen to in the blood. This results in a pale, oxygen-starved constitution and can be fatal to anemic people.

It is no coincidence that 1/3 of the cancer cases are that of the stomach. It is common sense to see that this high percentage of stomach cancer must be somehow related to what we put in our stomachs.

The irony of it all is that these chemicals are really unnecessary. If people would eat natural foods and prepare their own meals instead of eating canned and prepared frozen foods, a large part of the chemicals used for refining food would be eliminated. The use of chemical dyes can be stopped once people understand that food value depends on quality, not appearance. Where drab appearance really does detract from food preparation, natural herb and seed dyes can be used. (See The Herbalist by John Meyer, for natural dyes.)



ALFALFA



DILL



COMFREY

ESSENCE OF HERBS  
By Evadne Arney

Herbalism - the knowledge and study of herbs. The plants that grow around us have been the basic healers for humans since time began. We have learned through the ages by instinct and trial and error that certain plants are useful for treating illness and maintaining good health. Herbs have a wide variety of uses: for seasonings with food ginger, cinnamon or caraway; for pleasant teas such as lemon grass, peppermint or red clover; for dyeing fabrics; making paper; in cosmetics; smoking mixtures; as sachets; to flavor wines and cordials; and the list goes on. Foremost, herbs in all forms contain life enhancing properties. Joseph E. Meyer, author of The Herbalist, says this about vitamins: "Vitamins and minerals are far easier to digest than vitamins and minerals of animal origin. All green plants contain vitamins, minerals and trace elements from infinitesimal to plentiful proportions." Herbs are our folk-lore heritage to good health. These books contain all the information that is going into the herb section of the Newsletter: The Herbalist by Joseph E.

Meyer; Back to Eden by Jethro Kloss; The Herb Book by John Lust; Modern Encyclopedia of Herbs by Joseph M. Kadans.

Any questions? Put them in the Newsletter box at the Co-op.

Alfalfa (*Medicago sativa*)  
Common name: Buffalo herb, lucerne, purple medic  
Medicinal parts: leaves  
Habitat: worldwide  
Properties and Uses: appetizer; tonic; commonly used as a beverage, but it can be used medically; diuretic.

Take it everyday to improve your appetite, relieve urinary and bowel problems, eliminate retained water and aid in relieving rheumatism.

For a tonic: 1 tsp. powdered herb, 1 tsp. cider vinegar and 1 tsp. honey in water, once daily.

From The Herbalist, "Alfalfa Tea: a

very good tea for daily use, but most people prefer this herb with mint, or other botanical of agreeable taste. Alfalfa is one of nature's richest sources of a variety of easily assimilated trace elements.


Vitamins contained with Alfalfa: Vit. A - needed for night vision and functioning of cells of skin and mucous membranes.

Vit. B12 - essential for normal development of red blood cells.

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Niacin - B Complex vitamin.

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AS THE WORM TURNS  
(Organic Gardening Ideas)  
By Debi Powers

This monthly column will focus on the basics of organic gardening in order to help beginning gardeners and those who are (finally) changing to organic methods. Hopefully, you experienced organic gardeners will contribute your ideas and suggestions. This summer, when we are combatting plant-eating insects, let's exchange ideas on organic pest control. We can all learn from each other!

Organic gardening is accomplished without the use of environmentally harmful chemical fertilizers and pesticides. After several years of using organic methods, you will discover that your soil has become rich, healthy, and alive with earthworms and micro-organisms, which break down organic matter at a very fast and efficient rate. You will produce beautiful vegetables which you can eat without the fear of also ingesting chemical insecticides. You will experience the satisfaction of knowing that your work was in balance with nature, and that you did not in any way contribute to the mindless destruction of the soil and environment.

(continued on page 12)

OK. Let's get to work! Planting time for most vegetables in this area is March and April. February was the month to start tomatoes, pepper, eggplant, and herb seeds indoors. I usually start some in February and then a few more each month to insure a long growing season. Seeds should be started 6-7 weeks before transplanting into the garden. Many people just buy the plants, but it's much more economical to grow your own from seeds.

You need to start a compost pile. The compost pile is the backbone of the organic garden. Compost is decomposed organic matter and it is a fantastic fertilizer. It can be made free by using all your garden and kitchen wastes, and whatever other organic materials you can get your hands on. There are several methods for making a compost pile. The most important thing is that decomposition proceeds faster if different organic materials are layered. I will share my way of doing it. First, rake the soil to expose bacteria. The first layer consists of weeds, grass clippings, dead plants, and leaves. The second layer is manure. Wet down each layer as you build the pile. The third layer consists of decomposable garbage-vegetable scraps, used tea leaves, eggshells, etc. I also add natural ground limestone and phosphate rock. The last layer is topsoil, which adds more soil bacteria to aid decomposition. Repeat layers several times until the pile is about four feet high. Whenever you have scraps from the kitchen, just dig them in and cover them. You can leave your pile exposed or cover it with black plastic. The plastic will soak in the sun's heat, keep rain from leaching out nutrients, and holds in moisture. But this is not a necessary step. The pile will heat up to 130-160 degrees after only a few days, which shows that bacteria is already at work. A properly-constructed compost pile will not smell! The more nitrogen in the pile, the faster decomposition will take place. Good nitrogen sources are manure, sewage sludge, and bloodmeal.

Turning your pile every two or three weeks will hasten decomposition, also. You will find plenty of earthworms in your compost pile, and that is a very good sign!

Next month we will discuss other organic fertilizers, and the month after that, organic pesticides.

Happy composting!



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