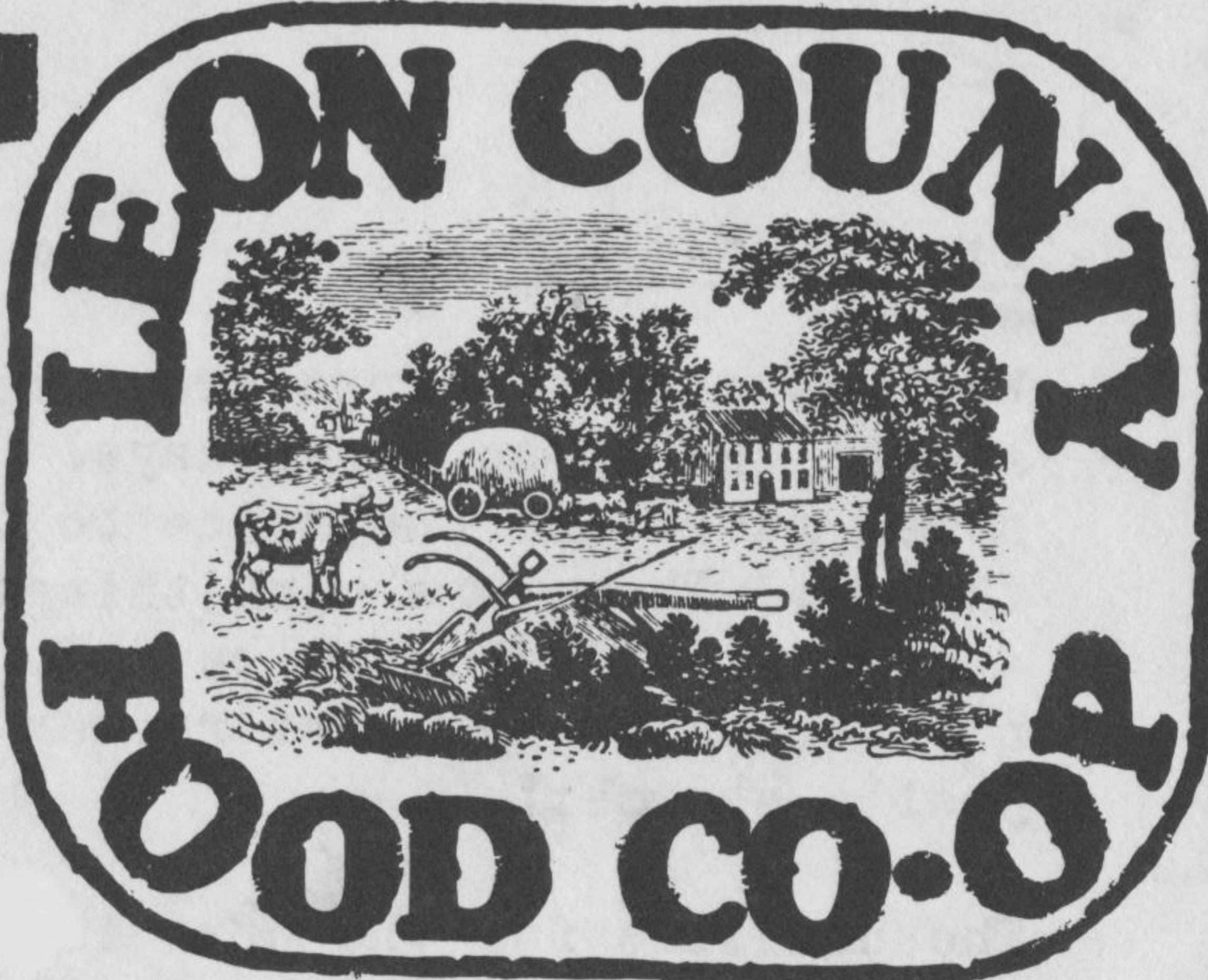


S. Maccomb

W. Gaines 671
LEON COUNTY FOOD CO-OP
is moving into the former IGA store at
671 W. Gaines St.
Tallahassee, FL
32304



April 4, 1976

We need Your help.

We need people to help us clean up the new store, and to help us move fixtures and food from the old store into the new. Sign up at LCFC to work.

We need donations to help us create a space for people to sit and chat and watch their children.

A sofa, some chairs, a rug, a piano, a typewriter, a stereo, a washing machine, a refrigerator - any item that would enable us to keep our "down-home" way of doing business with our friends would be appreciated.

We need loans to help us meet our new obligations.

A \$100.00 non-interest loan from a member will enable that member to shop at cost plus 15% for the term of the loan with no work commitment.

See the co-ordinators for more information.

We need support to enable us to continue meeting your grocery needs.

Tell your friends, neighbors, relatives, fellow students or workers about LCFC.

Be bold - be brave - buy a lifetime membership in LCFC for just \$35.

Be supportive - buy a two- or three-year membership in LCFC if you cannot swing the lifetime fee. Shop regularly at LCFC. Let us know what you want us to carry for you.

Join Us for our Celebration Sale
Thursday, April 8 Cost plus 15% for everybody!

LOGOS Courtesy Al Cuneo of Pruitt, Davis & Cuneo, Inc.

From the Editor

Well, exciting things are happening around the Co-op these days! We have a new store and the space to try new things. There are many things to do and many decisions to be made. Why not become an activist rather than just a shopper?

The deadline for the next issue of this Newsletter will be April 24. Leave articles, editorials, and suggestions in my box, at the store-front.

Ads are only \$5.00. If you are interested in placing an ad in the Newsletter, call Joy at 385-7837.

NEWSLETTER STAFF

Editor - Debi Powers

Advertising - Joy Clark

Typing - Tana McLane

Art - Joy Clark, Melynda Reid, Tana McLane

Writers - Pat Handschy, Amy Jacobs, Tana McLane, Melynda Reid, Debi Powers

Message From the BOD

LCFC is moving into the former IGA store on West Gaines Street. This IGA store provided, until five months ago, canned goods and standard grocery items to the people who live nearby. LCFC has not and does not carry many of the items these people use: canned beans, packaged meats, sugar, fresh fish.

LCFC has and does carry several items containing meat: canned and dry pet food; El Molino soup mixes, bone meal and liver supplements, Neutrogena soap. LCFC has and does carry several items containing sugar: granola, Familia, Dannon yogurt, wholewheat fig newtons, vitamin supplements.

Now, the delimma.

1. Should LCFC add to its stock items present members have not yet requested?
2. Should LCFC provide groceries to the people who shopped at the IGA store?
3. Should the people who live nearby be compelled to travel across town to pay high prices for grocery items we choose not to stock?
4. Can LCFC serve the needs of its present members and its new neighbors?
5. How can LCFC help educate people to good and whole food? By refusing to stock items that contain meat, sugar and additives? By continuing to stock good food but adding items containing meat, sugar and additives to bring in people who have not yet been exposed to a different way of eating, a different set of values?

LCFC needs your voice to make a choice. The Newsletter staff would appreciate editorial comments from the membership.

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!! CELEBRATION !!

SALE

April 8

National Food Day

15¢ for everybody

Come join us at our new store.

MINUTES: MEETING OF THE BOARD OF DIRECTORS

March 22, 1976

The Board of Directors of Community Interests, Inc. (CI) met Monday, May 22, 1976, at 7:30 PM. Rob Dunn presided as chairperson.

The Board voted to institute the following percentage rates for corporations or organizations wishing to purchase food from the storefront: A 10% handling markup will be charged to non-profit food-oriented organizations on all bulk goods with no additional obligation to the Co-op.

The Board voted to institute the following policies for checks written to the storefront: Membership number, current address, and current phone number will be on all checks submitted. A penalty of \$5.00 or 4 hours work period in the storefront will be imposed on any check returned by the bank.

Six positions on the Board will be open in April, with the four members whose positions are up for election remaining on the Board through May. The remaining two positions will be filled in May.

A financial report was presented by John Woodworth.

The Board voted to accept the bank's terms and begin the move to the Gaines Street site of the former Richard's IGA. The managers were authorized to set up informal short-term, non-interest loans with members in the same manner as \$10.00 non-interest loans associated with membership. These loans would not be mandatory; formal receipts will be negotiated ONLY with managers; loans are repayable any time after January 1, 1977.

NOTES FROM THE CO-ORDINATORS:

Weigh all pre-packaged foods items such as nuts and fruits to make sure they are the correct poundage. It's easy to make mistakes.

We special-order woks and yogurt makers and ice cream makers.

Soon, we'll have a complete line of Chinese products.

March 22, 1976, the BOD of LCFC approved a move of the storefront to 671 W. Gaines St. To make the move requires an increase in capital that will eventually come from increased business. But for now, we must look for other means for the money. We have gotten loans totaling \$3,000.00, but estimate we will need much more. The Board also authorized the co-ordinators to solicit voluntary, non-interest loans of any size from the general membership. These loans would be returned upon request after Jan. 1, 1977. We are asking for whatever you can spare. If you're willing to invest, please talk to Patricia, Dynee, or John.

We also need you to buy more from the Co-op (so we can receive more money).

LCFC was cut off by another of our sources, Higdon of Quincey. We got all of our "grocery store" food, like tomato sauce, coffee, Cator-Ade, etc. Higdon joins the ranks of Collegedale and Aiken for their boycotts. Sorry about the Pampers, Betty.



TOWARDS A SIMPLER LIFESTYLE: A SIMPLER
EATING STYLE

by Tana McLane

About a year ago, I was chatting with a friend about the route to acquiring the simplest, most direct system for furnishing the physical vehicle with the necessary ingredients for high energy and state of mind. COS (my friend) approaches life as a motion study expert might, looking at the possibilities of obtaining the most value and efficiency for the least effort. This conversation has snowballed through my brain many times since its occurrence. I have wandered through daydreaming directions about the many questions and answers it has raised.

To begin, nutrition - good or bad - counts a great deal in how a person feels and functions throughout the day. Most of us have heard this since elementary school, at least. But do many of us really ever achieve the balanced eating style that we hear about? It's true, many people are making themselves more aware these days of the issues concerning their bodies and the planet. This is a very encouraging sign. But basically, the students, workers and parents of this society are still very much involved and on the go. Good eating takes time. Usually.

The purpose of this column is to open a two-way channel between the newsletter staff and newsletter readers, in order to share information concerning successful eating systems. I define "successful eating systems" as those methods of preparing and consuming food which affords a reasonable length of preparatory time, and also provides high quality nutrition. I am very much on the path, in this regard, and I will enjoy learning whatever you have to offer.

There are obvious quick and easy meals that are also tasty and nutritious. These include raw vegetables, fresh fruits, seeds, dried fruits, and cold cereals served with milk, for the easiest eating. But there are ways of cooking foods that require little preparatory time, or include ingredients that can be prepared in bulk so as to save time later.

One idea of mine that I will pass along to you is a method of preparing brown rice and steamed vegetables. When I cook brown rice, I prepare enough to be included in several meals. This I store in the refrigerator. Several times a week, I eat this in combination with the vegetables. This is an extraordinarily simple method for fixing a hot meal. My method of steaming is with a contraption called a Steam Marvel, which is sort of a metal basket which stands on legs in the bottom of a pot, supporting the vegetables above the water. Steaming prevents

the loss of many minerals that occurs when vegetables sit in water. As the water heats, it steams up through the holes of the Steam Marvel and cooks the vegetables.



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

Wash and section the vegetables to suit your usual requirements. Place them in the steamer. Place a 6"x6" square of aluminum foil on top of the vegetables. Pile the brown rice on top of the foil. Cover the pot and steam for about 15-25 minutes, depending on which vegetables you're cooking, and how crunchy you like them. The rice will be warmed and will be as fluffy as it was when first cooked. Serve the vegetables over the rice and season with: margarine, Parkelp, Vege-Sal, and/or soy sauce. Grated cheese can be sprinkled on top, also.

COS stimulated this column with his ideas for simple eating. I hope to stimulate my brain, and yours, too, so that we can all learn to eat in a manner that is practical and realistic for almost everyday. There are still complicated meals and dishes that are enjoyable and well worth the effort. But for the pace of most of our present lifestyles, dealing with various strains and schedules, the simpler the better. Because these are meals that fit, and they won't be passed up for a quarterpounder.

Custom Leather Specialists
Custom Sandals

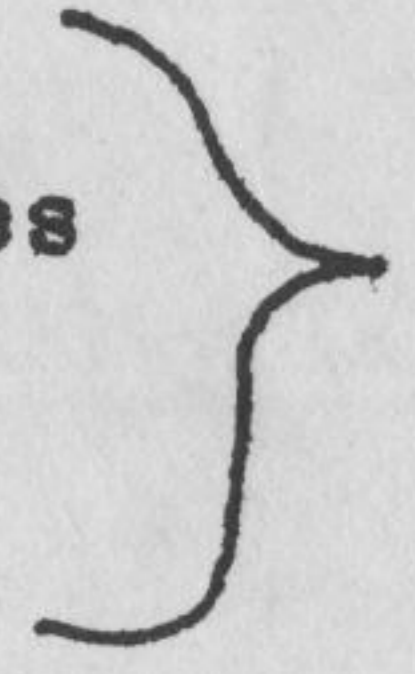
All Hands
board

Wood Carving
205 S. Monroe
Phone - 222-5071

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Split Pea Soup

- 1/2 cup olive oil
- 2 stalks celery w/leaves
- 2 sm. garlic cloves
- 1 lg. onion
- 1 med. green pepper



Chop and Fry

- Add:
- 3/4 lbs. soaked split peas
 - 2 tbs. dried parsley
 - some rosemary and thyme
 - 4 or 5 bay leaves
 - salt and pepper

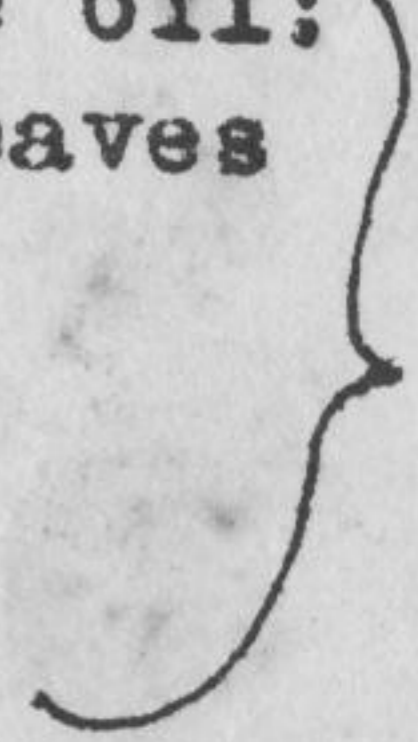
Cover with water. Cook 1-2 hrs. (depends on how long you soak)

- Add:
- 5 or 6 sliced carrots
 - 1/2 cup chopped, soaked hiziki
 - 1 chopped zucchini (optional)
 - 1/2 cup chopped spinach

Cook until carrots are done.

Spanish Garbanzo Bean Soup

- Fry in 1/2 cup olive oil:
- 2 stalks celery w/leaves
 - 1 lg. onion
 - 1 lg. green pepper
 - 3 lg. green onions
 - 2 garlic cloves



chopped

- Add:
- 3/4 lb. soaked garbanzo beans (soaked overnight)
 - 2 tbs. parsley
 - 2 tbs. American saffron (Safflowers)
 - salt and pepper (5 or 6 peppercorns)
- Add water to cover. Cook until beans are done - 1 hour.

- Add:
- 5 medium potatoes w/skin, chopped into 2" cubes
- Cook until tender. Take some potatoes out, mash, and replace to thicken.

Original Recipes by Pat Handschy

6.



MORE GOOD FOOD!

There are several fruit and vegetable co-ops in town. We thought that you might like to know about them.

Alumni Village Fruit and Vegetable Co-op:

This co-op tends to grow too large when FSU is in session. People living in other geographical areas should join the co-op closest to them.

Cost: \$3.00 for standard bag of vegetables and fruit (11-13 lbs.) Everybody gets the same thing.

Process: Order any Thursday for bag to be picked up TWO WEEKS LATER. The money is always collected for a pick-up date two weeks later. Old and new members alike order for two weeks from now.

No orders taken without money. Make checks payable to "Fruit and Vegetable Co-op".

Orders taken ONLY between 5:30 and 6:30 PM on Thursdays. No checks or money sent in mail, and no phone calls.

CO-OP BOOKS AND RECORDS



6.98 RECORDS FOR 3.99

New books 10% off list price



Open Mon.-Sat. 10-9
Sun. 12-6

648 + 652 W. Tenn. Phone 224-8031

Bags are to be picked up two weeks after you placed your order and you must arrive before 6:30 PM. At 6:30, all bags not picked up are either sold (the money going toward the next cycle's purchase) or taken to the Salvation Army, Terrell House, Catholic Worker's House, etc.

If you fail to pick up your vegetables, YOU LOSE YOUR MONEY (because it has already been spent). You may NOT apply that money to another order.

Please try to arrive at 5:00PM (or as soon thereafter as possible) to help unload, bag, and distribute. Please understand: all the money in this endeavor goes toward the purchase of the produce. The people who organize, take names, distribute, check out, clean up, and do the ordering make no money doing this. Their efforts are completely voluntary - an offering. Treat them gently.

Bring grocery bags each time you come.



MONTH TOUR of SWISS ALPS



-Led by Swiss outdoorsman & naturalist - DOLF UGELOMETER.

One month camping & hiking with a small group of 12 this July.

-Contact Don Lacey
575 - 3175

-Also information on cheapest flights to Europe.

Country-Side Village Co-op:
(Mission Rd. and Tharpe St., c/o
Mrs. Brown 576-5777)

Fruits and vegetables. Run in a manner similar to that of Alumni Village. (See preceding explanation).

Meets alternate Wednesdays.

Special Attraction: Swap Table
If you have too many potatoes at home, and you don't want those you get tonight, swap them for a different item that someone else doesn't want.



TOUR & TALLAHASSEE
OLYMPIC CYCLING EVENT

April 10 & 11

We need volunteers to help
marshall & officiate the races.

Please call 224-9090
or Nina at 877-7359

Spring Valley Co-op: (1429 Colorado
St., c/o Mr. or Mrs. Aiken
224-2006)

Fruits and vegetables. Run similarly
to Alumni Village.

Meets every Friday.

Special Attractions:

1. Small in number. No long lines, but same amount of food.
2. You can order one week in advance or two weeks in advance.

Ruediger School Co-op: (c/o Barbara
or Jack Peterson 385-8738)

Fruits and vegetables. Run similarly
to Alumni Village. Meets every other
Wednesday.

Fish
Freaks...

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

Jim Wilkinson
Jim Barnard
224-3206

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MONROE STREET

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WITH AD

8

KEFIR: CULTURE FROM ANOTHER CULTURE

by Tana McLane

Since remote history, groups of human beings have consumed soured, cultured milks in their daily diets. These preparations, containing helpful bacteria in abundance, have been credited with the claim of longevity, an aid to excellent health, and a general smooth operation of the digestive system. There exists more than 40 such fermented milk preparations, ranging from Acidophilus to Yogurt.

Kefir, a Russian preparation, is the subject of my immediate research. Many of us have bought a carton of flavored kefir at the Co-op storefront. It is a tasty, zizzy concoction that goes down easy. Having made my own yogurt at home for awhile, I became interested in finding a way to produce kefir here, also. Information concerning kefir has not been hard to come by, but I have found it to be scattered. I decided to try to organize this information and pass it along to others who may make use of it.

Kefir defined:

Kefir is a cultured-milk beverage made, usually, with kefir grains, which are formed by a natural symbiosis of many yeast-like organisms and other lactic acid bacteria.

It consists of Lactobacillus acidophilus and Lactobacillus caucasicus, two favorable bacteria.

..... *blank space*

All cultured milks have a common factor—they contain organic acids (usually lactic acid), which are formed as the result of fermentation of the carbohydrates in milk. The lactic acid and acid-producing bacteria present in these preparations bring about favorable changes in the flora of the digestive tract, and inhibit the growth of putrefactive (gas-producing) bacteria.

An interesting fact that I have run across recently is that the bacteria found in yogurt (Lactobacillus bulgaricus) does not find the environment within the human digestive tract hospitable for growth. Experiments to implant this bacteria in the intestinal tract have been unsuccessful.

However, Lactobacillus acidophilus, which is found in kefir, occurs normally in the intestinal contents of human infants, and can be successfully established in the flora of adults.

Kefir is one of the most perfect foods in that it has many calories and contains most of the nutritive elements in an easily assimilated form. It aids in digesting other foods within the intestines, diminishing the discomfort of indigestion, and doing it without disturbing the normal acidity of the digestive tract.

Obtaining the Kefir Culture:

I checked first at the Co-op storefront and was told that the store did not carry the culture. Then I went to the "Honey Tree", a local health food store. There I found an envelope containing the kefir culture. The cost was an unexpected \$2.50.

I bought "Kefir Culture", distributed by the "International Yogurt Company". The distributors have printed the directions on the back of the envelope.

1. Heat one quart of milk to 180 degrees. Let cool to room temperature.
2. Mix the culture into the cooled milk and keep the thus inoculated milk in a suitable container, or divide into small jars.
3. Let the milk stand at room temperature until curdling occurs (about 24 hrs.) Then keep in the refrigerator.
4. Stir the curd, if a liquid kefir is desired.
5. For next batches, inoculate each quart of milk (previously heated and cooled) with 3 tbs. of the last batch.

Renew the kefir monthly. A firmer kefir is obtained by adding 1/4 cup of powdered milk to each quart of milk.

My Results:

I followed the directions given on the back of the package, adding the prescribed amount of powdered milk. I heated the milk to the point of almost foaming, then inoculated the heated milk with the culture, upon cooling.

I poured the cultured milk into the 5 small jars that came with my Salton yogurt maker. These were then placed on top of the refrigerator for 24 hrs. in order to maintain a constant temperature during the incubation period.

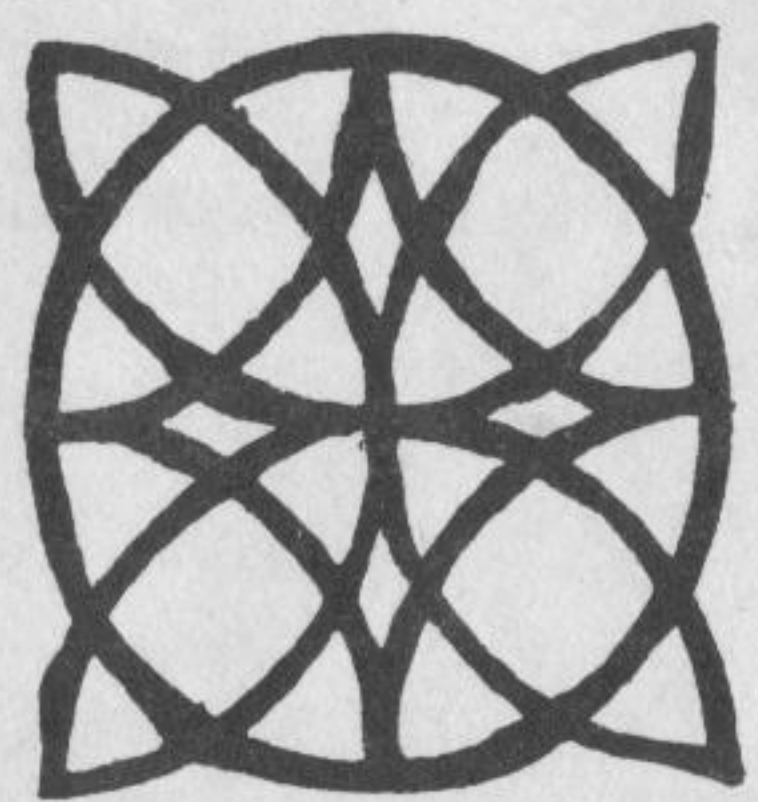
The next night, voila! Five jars containing creamy, tangy kefir.

It was no more complicated than producing yogurt, and was incubated without the heating element of the yogurt maker.

This plain kefir can be mixed with fruit mixtures, maple syrup, etc. for kefir beverages. It can be added to recipes calling for sour cream or yogurt. I add it to simmered young red potatoes. Mash the potatoes, skins and all, and add about 1-1/2 cup of plain kefir and 2 tbs. margarine.

There is more to be explored concerning kefir. Beatrice Trum Hunter, in her cookbook, The Natural Foods Cookbook, talks of using kefir grains in her method for producing kefir. The culture I obtained and made use of is a powdered substance, with nary a definable grain. Also, straining the resulting kefir did not produce any definite grains. I do not know what this culture actually is; I do know that it produces delicious kefir.

If you are interested in starting your own kefir culture, please leave your name and phone number in Debi Powers' box at the storefront. Label the slip of paper with the words "kefir culture". I will contact you and let you know when 3 tbs. of kefir culture will be ready. At no charge.



Treat Yourself to
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"your bbody deserves it!"*

Try Our:

Smoothies	Soups (made daily)
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Herbal Teas	Sandwiches

1932 W. Tenn. (Univ. Plaza) 224-2043

by Freddy Kaye

Along with the good food the co-op provides, good nutrition is also provided. OK, so why good nutrition? Because it leads to good health and health is a "state of complete physical, mental, and social well-being, and not merely the absence of disease or illness," (WHO, 1956). Optimal health cannot be attained without adequate nutrition and exercise. Nutrition is the study of foods we eat and how the body uses these foods. Looking deeper into nutrition is observing the processes in which foods are digested, absorbed, and distributed throughout the body, where they are metabolized for energy and body-building materials.

Good nutrition is a prime preventer of disease. Diseases of many varieties can result from a lack of one or more nutrients. For the most part, diseases caused by nutrient deficiencies can be corrected when all essentials are supplied to the body - tho irreparable damage may be done in instances of severe or prolonged deficiencies. We also know too much of something (food, i.e. obesity) leads to many diseases such as diabetes, arteriosclerosis, heart disease, colonic cancer, and other such "lovelies". All nutrients - proteins, carbohydrates, fats, vitamins, minerals, and water - must be consumed in adequate balance.

OK, so we all know we should be healthy. But what's the story on brown rice versus white; what is bran, and why is it so beneficial for you? What causes some peanut butter to have oil floating on top while others do not? And why is hydrogenated peanut butter not as healthful as non-hydrogenated? Ever wonder about it? Lose sleep over it, huh? Anyway, back to my "shocking truths".

Does vitamin C really help in healing wounds? YES! Must you drink milk (or equivalent) all your life? Stated otherwise: Do old people really fall and break their hips, or do the "breaks" happen before the fall? They sure do. Mostly due to a lack of calcium (found in milk, yogurt, cheese, green leafy vegetables - actually, collards even contain more calcium than does the same weight of milk). That TV commercial that told you to "feel stronger fast" meant "iron, folks, iron". Who cares? Women should - to the amount of 20 mgs. daily; men - 10 mgs. daily. The Co-op provides an incredible source of iron in "Dr. Bronner's Soya-Mineral-Balance". Two tablespoons alone provide 20 mgs., and it is excellent to cook with (such as frying brown rice and onions in the Soya-Balance, which tastes like soya sauce).

There are many other facts and fantasies concerning nutrition, and that is primarily the purpose of this little piece. If you have any questions or additions please deposit them in the suggestion box.

"Man is the only animal that can remain on friendly terms with the victims he intends to eat until he eats them."
(Samuel Butler)

* * *
Editor's Note: Freddy is working on a Master's Degree in Nutrition at FSU. If you have any questions, please leave them in the Newsletter Box.
* * *

Freddy adds:

"Manure is available for composting, almost free." (385-2834) or (385-5663)

"Dannon Yogurt plain, with no sugar has 100 calories per 8 oz. cup, while Dannon fruited yogurt has sugar and contains 200 calories per same size."



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

by Debi Powers


It is time to plant our gardens. Hopefully, you have already prepared your soil with organic fertilizers such as manure, compost, sewage sludge, dolomite limestone, rock phosphate, etc. Here are some hints about planting:

Tomatoes, eggplants, peppers - Use healthy plants, 6-7 weeks old. Dig a hole for each plant about 1-1/2 feet deep and 2 feet apart. Put a couple of shovels of compost and 1/2 cup bonemeal in each hole. Put some dirt back in each hole and set a plant in each. Gently place dirt around the plants, burying the stalks up to their main leaves. Roots will form along the buried stem, producing a strong plant.

Cucumbers, squash - These are usually planted in hills 2-3 feet apart. Dig a shovel of compost and dried manure into each hill. Plant 5-6 seeds in each hill and later thin to 3 plants per hill.

Legumes - (peas, beans) Inoculate seeds with nitrogen-fixing bacteria before planting. These inoculants are available in seed stores. This bacteria forms nitrogen-fixing nodules on the roots of legumes. The nitrogen that is produced will greatly increase yields.

Corn - Many writers discourage small gardeners from planting sweet corn because it does not produce much for the amount of space that it takes. I disagree. Nothing tastes so good as steamed corn that was picked minutes before steaming! Corn can be planted 1 foot apart in rows 2 feet apart, and another crop, such as beans, peas or cucumbers can be planted in the same space. The plants are good companions. Inoculated beans and peas will produce nitrogen for the corn, as well as for themselves. Be sure to plant at least two corn rows side by side to insure pollination.

continued on next page 

Smelly plants - Be sure to plant plenty of bug-repelling plants such as herbs, marigolds, onions, garlic, nasturtiums.

When seedlings are more than 2 inches high, it is a good idea to mulch heavily. Mulching is covering all of the exposed soil in your garden. Organic materials should be used (although some people use black plastic). Mulch does many things - it keeps weeds from growing, conserves moisture in the soil, keeps the soil soft and easy to work with, encourages earthworms, and eventually decays into the soil, thereby adding to its fertility.

I use oak leaves, about one foot deep, and rarely have to pull weeds during the summer. Dolomite limestone should be put on the soil before the leaves, so as to counteract their acidity. Other good mulching materials are hay, grass clippings, seaweed, pine needles, and sawdust.

If bugs begin eating your young tender seedlings, you can make your own organic pesticide.

Recipe for Organic Pesticide

- 1 strong onion
- 3 cloves of garlic
- 1 hot pepper

Chop the above ingredients and place in blender. Cover with water and liquify. Place in covered jar and let sit for 24 hours. Strain and spray on plants.

Don't use this pesticide unless it is necessary. And don't do it too often. You don't want to frighten off insect predators!

Next month we will discuss insect predators, such as lady bugs and praying mantises.

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