

# COOP NEWSLETTER \*3

LIMITED SUPPLY OF NEWSLETTERS - PLEASE PASS THEM AROUND



May 1976

*In this issue: The two most important things you can do for your Food Co-op.*

- 1. Attend the May Supper-Meeting on the 16<sup>th</sup>.*
- 2. Vote on the Food Dilemma issue.*

*In this Newsletter we examine the current Food Dilemma. Articles, letters, editorials explore the quandry from various angles. Become aware of the issues. And **VOTE!!***

*Included within: BALLOT*

Leon County Food Co-op has reached a major dilemma: What kinds of food should the store carry? This question has become a major controversy, and has been discussed at great length by Co-op members. Some members want to ban the sale of foods (at our storefront) which contain artificial colorings, flavorings and preservatives, known carcinogens, sugar, and meat. Other members want to make all regular grocery store items available. The Co-op needs a general policy statement by the members which will serve as a guide for ordering and stocking the storefront.

The new store offers much more space than was available at the old storefront, and the Co-op needs to expand its inventory to utilize this space. A general policy statement would clarify the direction in which the Co-op should go.

The Board of Directors (BOD) decided to submit the issue to a vote by the general membership. The decision of the majority will be upheld. There will be one vote per membership. A membership is a family or four adults living together in the same household.

Your membership number should be entered in the space provided on the Ballot. This is to prevent duplication in voting. Ballots should be placed in the Ballot Box, which will be provided at the storefront. The voting deadline is June 12.

The results will be published in the June issue of the Co-op Newsletter.

## Ballot Inside



FROM THE EDITOR .....

This is our third Newsletter, and I think that we (the staff) have finally worked out the details of putting out such a publication. Thanks for all the help that many of you have been giving us.

You know, this Newsletter would not be possible without the businesses who are advertising through us. They pay the expenses for producing this Newsletter. I would like to thank them, and urge all Co-op members to support these businesses. They are helping us, so let's help them.

This summer we are planning to print a Co-op Cookbook, full of original recipes and ideas from Co-op members. Please begin submitting your original recipes. Put them in the Newsletter box at the storefront. We won't be able to do this unless there is a lot of response from the membership.

There is quite a controversy raging within the Co-op these days. Much of this Newsletter is devoted to discussing the different sides of the issue. Find out what's happening, get involved, and help make the decisions. Be an active member. And when the decisions are made, let it rest with the will of the majority. We can disagree without being disagreeable.

The BOD will be hiring a part-time bookkeeper. If you are interested and qualified, submit an application to one of the Co-ordinators.

CONNECTION

Hi Peggy! We're glad you're feeling better!

A member wants to know if anyone has goats or is interested in boarding one. See Dynee at the storefront, and leave a message.

Help! We need some sourdough starter. Call Sharon or David at 224-9337.

STAFF

- Editor - Debi Powers
- Advertising - Joy Clark
- Typing - Tana McLane
- Artwork - Melynda Reid, Joy Clark, Tana McLane
- Writers - Columnists: Freddie Kaye, Tana McLane, Debi Powers
- Storefront Business: Dynee Marnish & Pat Handschy
- Feature Article: Larry

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If you would like to place an ad in the Newsletter, please call Joy Clark at 386-7837.

Custom Leather Specialists

Custom Sandals



Wood Carving

205 S. Monroe  
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# Around The Nation

For all you "back to the land" people: It has become increasingly hard for young people to become farmers. The small family farm is not viewed by our society and government as being an efficient source of agricultural production. Besides that, a tremendous amount of money is needed to start a farm (i.e. money for land, housing, barns, tools, equipment, seeds, animals, etc.) It is no surprise that the average American farmer is 50.3 years old.

At least someone in Washington has a plan. Senator George McGovern has introduced The Young Farmer's Homestead Act. If it is passed, it will provide for a branch of government to purchase farmland and lease it for five years to young farmers. After the lease period, the young farmer may purchase the farm on a twenty-year plan. During this time, he or she would repay half the purchase price, interest, and taxes. After the twenty years has expired, the farmer would be required to refinance the balance commercially to repay the other half to the government.

## WHAT'S IN THIS STUFF, ANYWAY?

The U.S. Food and Drug Administration (supposedly a consumer protection agency) has ruled that manufacturers are no longer required to identify synthetic foods as "imitation". A recent statement by an FDA spokesperson: "Labeling food as an imitation has had a bad impact on selling because people think it's inferior".

## THE CASE AGAINST PESTICIDES

In the last issue of the Newsletter, we informed you about the Langan Court Victory, in which some organic growers were awarded damages by the Court after their crops were contaminated by aerial pesticide application from another farm. The case has been appealed and the chemical giants are spending big money to fight this battle. If you would like to make a contribution to the Organic movement, send it to the Northwest Organic Food Producers Association Legal Fund, Route 2, Box 2152, Toppenish, Washington, 98948.



**Black Creek Crafts,**  
Herb & Spices

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TUES

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10 + 6

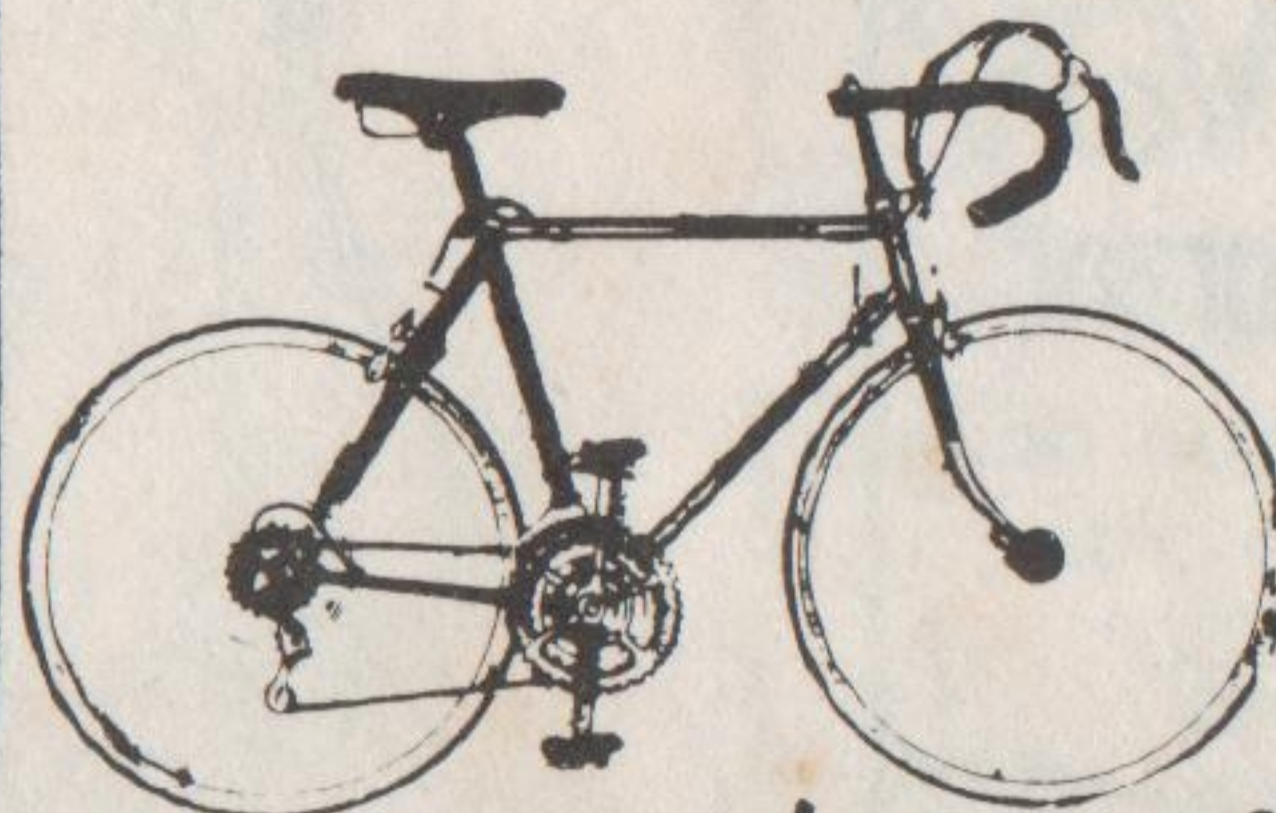
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## The Great Bike Shop

210 W. College



Now has a complete  
line of skateboards  
and parts!

Bahne, HTS, Suno, X-caliber

## Celebration Sale of April 8th

After moving into the new store, LCFC gave a Celebration Sale. All shoppers (members and non-members) were allowed to purchase at cost plus 15%. According to Co-ordinator Dynee Marmish, the Co-op reached 150% more sales than usual.

The Celebration Sale coincided with the April 8th National Food Day this year. The theme for National Food Day was "Food for People, Not for Profit". This day was set aside for educating people on all aspects of food: nutrition, corporate control of food production, processing, and distribution. It also emphasized the world food crisis, the harmful affects of junk foods, etc. The National Food Day Committee declared the LCFC Celebration Sale a National Food Day Event because our store represents an alternative to conventional food distribution, and because we offer predominately natural foods.

## CO-OP SUPPER MEETING

It was a beautiful day, April 4th, the day of the final moving into the new store. About 60 people attended the covered-dish supper at Alumni Village Recreation Center. Everyone sat on the grass in the sunshine and visited and ate delicious food. After the meal, there was a general membership meeting, led by Rob Dunn, chairperson for the Board of Directors.

Quite a discussion ensued, concerning the types of food the Co-op should carry. A variety of opinions were presented, but the majority seemed to favor a "no meat, health food policy".

Four positions on the Board of Directors were open. There were nominations, speeches and voting. The positions were filled by Lois Bigger, Rob Dunn, Freddie Kaye, and Debi Powers. After the meeting, members dropped by the new store to help with the final moving and arranging.

Co-op suppers are very enjoyable. They offer the members a chance to meet other members, and to participate in the general membership meeting. Don't miss the next meeting. The May Supper-Meeting will be held May 16, from 2 to 5, at the Alumni Village Recreation Center. Bring food and friends.

Your body deserves it!




## Nature's Way

a natural foods restaurant

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4

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at  
224-4511

So, now the question is before us: What kind of food should the Co-op sell? I think that the issue goes way beyond a "natural foods purity". I agree with those who say we should not carry products that are really bad for peoples' health. I agree with those who point to foods containing artificial flavorings and colorings, and known carcinogens as a prime cause for the increase in heart problems, hyperactivity, cancer, etc. I agree with those who do not want the Co-op to be a part of the vast numbers of grocery stores who make available to the American public a diet of devitalized food - over-processed junk. All of these are very important points, but I believe that the issue goes way beyond this.

Our country, and even the entire world, is in the stranglehold of American agribusiness and food-processing and distributing corporations. Working for a Co-op is not only an economical way to purchase food, but it is also a political statement about the way things should be. By working co-operatively, and by eliminating excess profits, we are able to reduce the costs of our food. I am well aware of the fact that the Co-op deals with agri-business to obtain certain types of food, such as rice. But more and more, we have been searching for and finding growers who will sell to us directly.

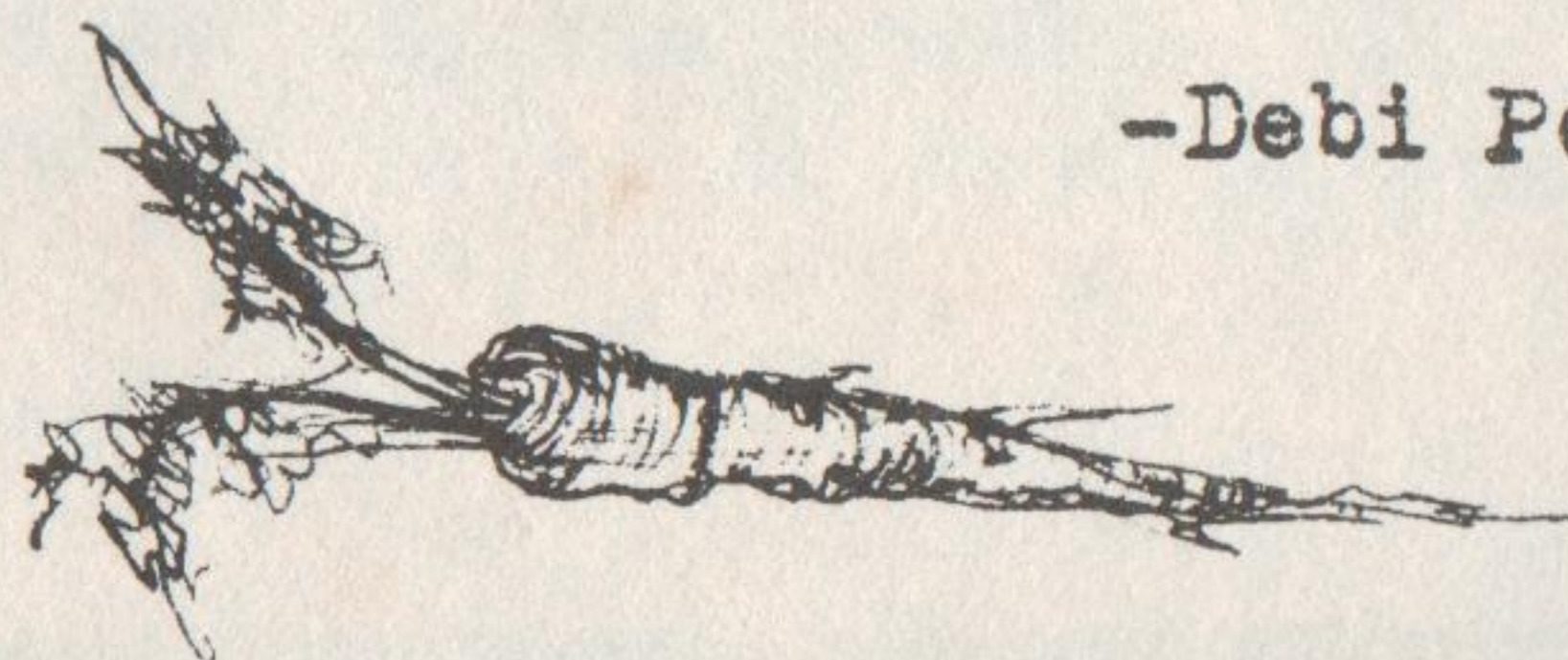
This is the direction that I would like to see the Co-op continue. Rather than become a "regular grocery store", where our purchases will be supporting General Foods, Nabisco, Campbell, Heinz, Green Giant, and all the other corporate rip-offs, I think that we should become an organization who actively supports decentralization - small farmers and small businesses.

I would like to see the Co-op become active in helping to develop an organic certifying organization whose purpose would be to test and certify organic growers in the state, and to buy directly from them. There are several states (Oregon, Washington, and California) that already have organizations of this nature. Why can't we move in this direction, instead of lending energy to the flow of the mainstream?

Should the Co-op carry meat? This is really a controversial issue. But, again, I think that we should go beyond the "purity idea" that meat may not be good for one's health. Here, again, I think that our stand should be philosophical. The world is in the midst of a global food crisis. That is sometimes hard for us, in our comfortably well-fed bodies to realize. The world's population increases by 75,000,000 a year (a rate of 2%), and at that rate, it will double in just 35 years. Luckily, we live in the U.S., where there is plenty of food. Yes, there is so much grain, and a large percentage of it is fed to livestock instead of to people. Frances Lapp, in Diet for a Small Planet, says that it takes 21 pounds of grain protein to produce 1 pound of beef protein.

In a starving world, the eating of grain-fed meat is not only inefficient, but is blatantly immoral. If the Co-op can find a source of organically-grown, grass-fed meat, ok. But, otherwise, let's not be part of the problem. Let's try to be part of the solution.

-Debi Powers



# feedback

**FEEDBACK ON THE CO-OP'S DILEMMA:** These are letters of response from LCFC members, in reference to the dilemma that has been presented to the general membership for vote. The basic question is, "In what direction should we grow?"

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I feel (in reference to your Newsletter article) that we can best serve our neighbors by stocking those foods with additives, sugar and meat, but still stocking our other "good" foods so that when people come in to shop they will be offered an alternative to their familiar foods. I sincerely hope that those of us who are food conscious can see that by attracting our neighbors to the store, we will be giving them the opportunity to be exposed to a new way of eating.

Good ideas are better shared than secreted to a few. In answer to your question, "can LCFC serve the needs of its present members and its new neighbors?", I say YES. By giving all who shop there a choice. As for stocking items, I think we should poll our clientel to learn their wants and needs. And then consider thoughtfully.

-Ellen Watkins

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We feel the Co-op should wait until the new neighbors (formerly IGA customers) come into the store and then determine by their reactions whether or not to add items presently not carried. If complaints are made because the Co-op doesn't carry certain items (such as with sugar, meat and additives), then the prospective customer should be informed that the store is a cooperative effort, and if they become members, they can voice their preferences. Then the Co-op can stock the items they desire. We think the food Co-op should be a storefront that buys what the members want.

(Personally, we would like to be able to get more organic, locally-grown produce; more rennetless, uncolored cheeses made from raw milk; and unpasteurized juices from organically-grown fruit.)

-The Force Family

I am a member of LCFC and I am opposed to the Co-op carrying junk food items, foods with additives, and foods with sugar. I feel that the Co-op has been very successful without carrying these items. I feel that people who want such items should shop elsewhere. You asked for feedback from members, so there's mine.

-Beth Schuman

## OLD COLUMBIA TRADING Co.



You'll just have to come down and see us....  
We can't begin to tell you what we have in the Store for you!

**NEEDED:** Artists, Crafters, Cooperators, Organizers...  
**ALL NEW** Artasian's Coop  
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Before answering the questions outlined in the ballot, consider whether you will accept the responsibility a "no" to new items entails. It is not enough to refrain from approving the ordering of foods containing known carcinogens. It is not enough to say "no" to meat and sugar, especially when the Leon County Food Co-op carries many items based upon these products. A "no", if isolated from an active ministry to the needs of this community, is a retreat from the purposes of our co-operative storefront. Please, please do not wallow in a vacuous negative purity. If you feel you must answer "no" to any of the questions presented in the ballot, say "yes" to a service to this community by undertaking the work of educating yourself, your friends, and your neighbors to a sounder, healthier, and more affordable way of eating.

-Melynda C. Reid

I've heard that some members desire to have fresh meat stocked at LCFC. I am not anti-meat, but I would like to raise some points for consideration:

Would the number of meat users, were LCFC to stock fresh meat, be sufficient to move a volume of meat great enough to make a meat department economically feasible? Can LCFC afford a butcher's wages; license fees; compliance with county, state and federal regulations? Will the meat be affordable?

Also, concerning packaged meats, I know (from reading labels) that almost all (except some local sausage and franks) contain sodium nitrate and/or sodium nitrite as preservative.

Perhaps a feasibility study on the impact of bringing meat (fresh and/or packaged) into the present economics of LCFC should be done. After presenting such to the members, then request a decision.

-W.F. Lawless

As a membership co-operative, LCFC does have a responsibility to provide its members and its potential members with high quality, and certainly diversified foods. There are many nutritional philosophies today, and, as we each learn to listen to ourselves and our bodies to discern our own individual needs, we may become aware of certain basic conflicts. A dynamic food co-op storefront must reflect these differences in ideology embodied in its membership. I believe, as has been stated by certain members of LCFC, that our Co-op does reject many of these needs already, as in offering such controversial food items as milk, eggs, some items containing sugar, and some regular grocery items.

We have apparently already transgressed the boundaries of purity. The truth is probably grey, and not black nor white. I do not know where the line is, between safe and unsafe. But it has been established that certain additives do lead to various illnesses. The Co-op has earned the trust of its members in the past for offering high quality foods. I personally have depended upon the care used in the selection of the foods I have seen before me. I make allowances for the limitations of sources for totally organic produce. But I do not support the proposed addition of meat. I hope that the Co-op will continue to provide us all with the highest quality foods that are available.

One of the basic aspects of a "co-op" is an attitude of each member to cooperate in the daily functioning of whatever the people come together for. To share in the work load as well as the benefits; to have a feeling of community belonging to a group which is trying to achieve a goal which is not being provided for by society to individuals. In our case, we've joined a food co-op and maintain a food store so that our food prices can be lowered, and so that we have a choice of the quality of what we eat - without being caught in the system of the shipping, distribution, marketing and advertisement which raises costs of any product.

Most members are motivated to join for economic reasons and, hopefully, for other considerations. The fact that the Leon County Food Co-op exists is important if only that it is an alternative for the inhabitants of this area to acquire their food. It offers an opportunity for a personal and friendly atmosphere in which to do shopping. The new store provides a tremendous potential for having a center for social activities besides grocery shopping. Some ideas for this are: a Co-op laundromat, a child care center, arts & crafts outlet or a warehouse for Southeastern food co-ops which would further reduce prices. Such projects are (at this time) potential because the amount of work needed to run the store on a day-to-day basis is too great to allow time for working members to initiate, co-ordinate or maintain activities which would expand and develop the Co-op. Since there is more work to be done, more energy is needed to do it. For the store to run smoothly and efficiently, and therefore, more economically, at least six members per 2-hour shift need to participate in helping to get

things done. Even then, things can always run smoother, which brings us back to attitude.

Our co-ordinators have more things to do at one time than you can imagine. If you're an assistant co-ordinator, learn what the co-ordinators do, and take over for them whenever possible, instead of referring questions or problems to them. If you're a two-hour worker, learn the basic jobs and how to be self-sufficient. Guided tours are being given to anyone for this purpose. Never leave something unfinished or messy for fellow workers to deal with. If you're shopping and see something needing to be done, and have the free time, go ahead and do it. Don't leave garbage for someone else to clean up.

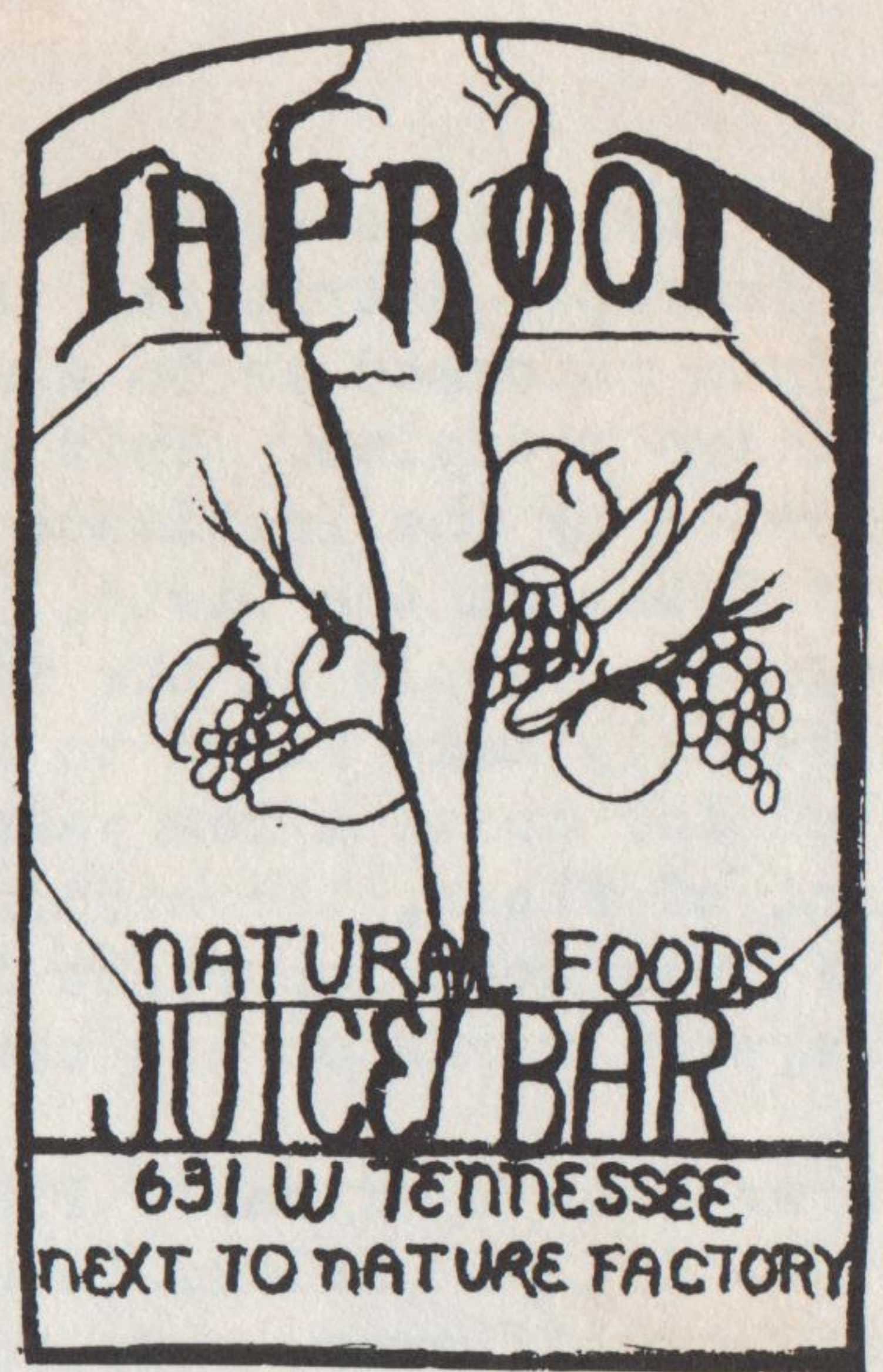
Bring bags to the store to make it nicer such as plants, incense, toys for the kids, or paintings. Both the outside and inside walls need murals or fresh paint. Any materials donated cannot be bought. Write suggestions or complaints on the bulletin board. Initiate ideas or projects by giving something valuable - your time, or write something for the Co-op Newsletter (like I'm doing). If you see someone who doesn't know what to do, explain things.

Come to the general membership meetings, which are also covered-dish banquets. Come to the Co-op softball games every Sunday. Recycle paper bags, clean jars, and egg cartons by bringing them to the store and placing them where they belong. When you are shopping, try to imagine yourself as a co-ordinator or the cashier. If you're interested in the theory or future of the Co-op, or want to have an active participation in its policies, try to get on the Board of Directors (the what?). Etc. etc.

All these things are just concrete examples of how the spirit of a Co-op can be actualized in the reality of our everyday lives. There are ways of putting attitudes of helping, sharing, and participating into making the Co-op (our Co-op) a place you would want to come back to - a center of positive energy.

\* \* \*

This article was contributed by Larry, a member of LCFC.



Karl Mohr wrote to tell us of several presentations that will be offered free, through FSU.

\* \* \*

On Sunday, May 16th, at 7:30pm, Moore Auditorium:

Two films:

"Hinduism and the Song of God"

The physical beauty of India is the background for this exposition of its sacred vision, embodied in the Bhagavad Gita.

"The Art of Meditation: Alan Watts"

Sensitive nature photography and beautiful sounds are combined to enhance this instructive film on meditation.

\* \* \*

On Tuesday, May 25th, 7:00 pm, Moore Auditorium:

"NEW ADVANCES IN THE PARASCIENCES: A MULTI-MEDIA LECTURE/DEMONSTRATION"

by

James Beal

(Research Engineer, National Parkinson Foundation, Formerly with NASA and Miami Heart Institute) →

Acupuncture and modern electronic adaptations & ageing & Altered states of consciousness & Autogenic programming & Bioclimatology & Bioelectric field effects & Biofeedback & Bio-entrainment possibilities of light, sound, and electromagnetic fields on brain and body functions & Biometry & Biorhythms & Biosystems research & Brain wave dynamics & Cognition and memory in plants & Consciousness altering devices & Direct perception & Earthquake zone, lunar and solar effects & Electromagnetic and electrostatic field effects & Healing and regeneration & Holistic medicine & Ion effects & Kirlian photography & Lenticular aerodynes and exobiology & Out-of-body experiences & Post/trans/ precognition & Psychokinesis & Science Fiction & Telepathy & Unexplained phenomena, etc.

This presentation is free, at 7:00 pm Tuesday, May 25, Moore Auditorium.

by Freddie Kaye

Hi folks. Last time we mentioned different diseases which are caused by poor or improper nutrition. As part of this monthly scenerio, I'd like to keep you informed as to what is happening in medicine today. That is, preventative medicine. This past month a special report (#21, March 1976) was released by the Institute of Food Science, Cornell University, on the "Role of Fiber in the Diet". This was no ordinary symposium. The most knowledgeable people in the field of cholesterol, bile acids and fiber met to finally make known to America (and elsewhere) the facts which have prevailed for quite a few years. The medical world has not been fully cognizant of fiber, the hidden nutrient. I hope you all will become more aware of this most important factor to our general well-being. Nothing in our system works on its own.

What do we mean by fiber? Fiber is in a variety of foods we eat or should eat daily. Salads (i.e. lettuce, celery), stalky vegetables (i.e. broccoli, cauliflower, okra, collards), grains (i.e. rice, wheat, beans, dark-grained breads), nuts, and fruits. This leads me to a tangent: "brown rice vs. white rice".

Both brown rice and white rice have almost the same protein content. But brown rice has dietary fiber, due to the husk remaining intact. The husk has been milled off the white rice. Therefore, there is little fiber content in white rice.

Another tangent: "Why an apple a day?" Roughage, people, roughage - strictly facillitating elimination. Apples have very few vitamins and minerals, but the pectin in the skin of the apple "binds bile salts, cholesterol, and reduces blood cholesterol". For example, elimination of bile acids via fiber is a means of removing liver cholesterol (where it all begins). Consequently, this lowers blood cholesterol.

What else can be attributed to fiber? Fiber has water-binding properties. For example, wheat bran carries two times its weight in water, and pectin (from apples and other fruit) carries over five times its weight. This increases the rate and volume of fecal elimination, thus relieving intra-colonic pressure and the symptoms of diverticulitis, and can prevent and help cure colonic cancer. Colonic cancer is the #2 killer disease in America today. (#1 is lung cancer)

More frequent and softer elimination offers less chance for carcinogens to be absorbed. The carcinogens (bacterial growth in the intestines and elsewhere) are readily dissolved in the stool volume, and move through quickly, thus allowing less contact time and less chance for the carcinogens to be present and grow. (Hope this little discussion doesn't offend anyone's body or person.) Fiber is a natural laxative for humans.

So, America, throw away your "Ex-Lax" and your "Preparation H". Folks with hemorrhoids can also be relieved via fiber, as can those with constipation and varicose veins. Varicose veins are caused by pressure on the blood vessels.

How much fiber is needed in the daily diet? The symposium recommends about 90 mgs. of raw fiber (in all forms of food) per kilo of body weight daily. Fiber should enter the body throughout the entire day, and not at just one meal. The Co-op carries almost every food that is high in fiber.

### The Great Vending Machine Caper

The West Virginia State Board of Education voted to ban the sale of candy, chewing gum, soft drinks, and flavored ice bars in its public schools this fall. Which brings us to the "Great Vending Machine Caper". The Caper is happening to us - wherever there is a vending machine there is junk food. Not a nutritious snack in sight. So, a national student group, under the auspices of Ralph Nader, is fighting for "fresh food vending machines".

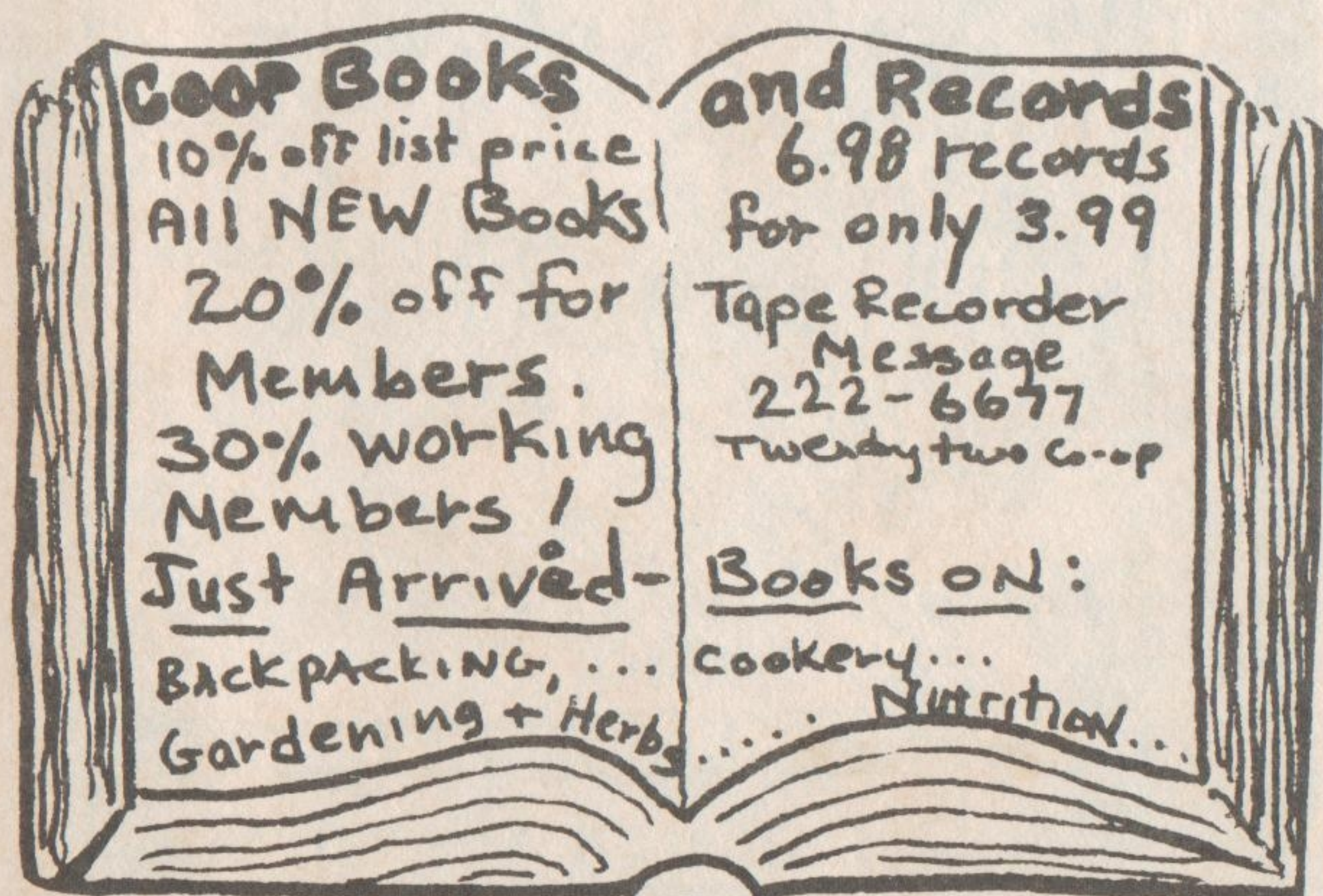
The Women's university, Goucher, has just implemented fresh food vending machines on its campus, on a trial basis. This is a start.

Contact Freddie through the Newsletter Box at the Co-op storefront, if you want more information about this group.

### Steamed Vegetables: The Case For Them

What are the advantages of steaming vegetables over, say, boiling them? In actual fact, steam cooks faster than boiling water at the same temperature (100 degrees C.) because steam (heat of vaporization) gives off 540 calories of heat per gram. This is more than boiling water at the same temperature. The higher the heat, the less cooking time, and the greater is the amount of vitamins that remain in the vegetables.

Another side to this issue is the process of pasteurization applied to orange juice. Heating the juice to a high temperature for a long period of time destroys the vitamin C content. Only those juices that are heated for a very short period of time will be beneficial to your health. There is a good chance that some vitamin C will remain intact during a short heating period. Otherwise, pasteurized O.J. amounts to drinking orange-colored and -flavored water. Beware -- pasteurized O.J. may be hazardous to your vitamins' health!

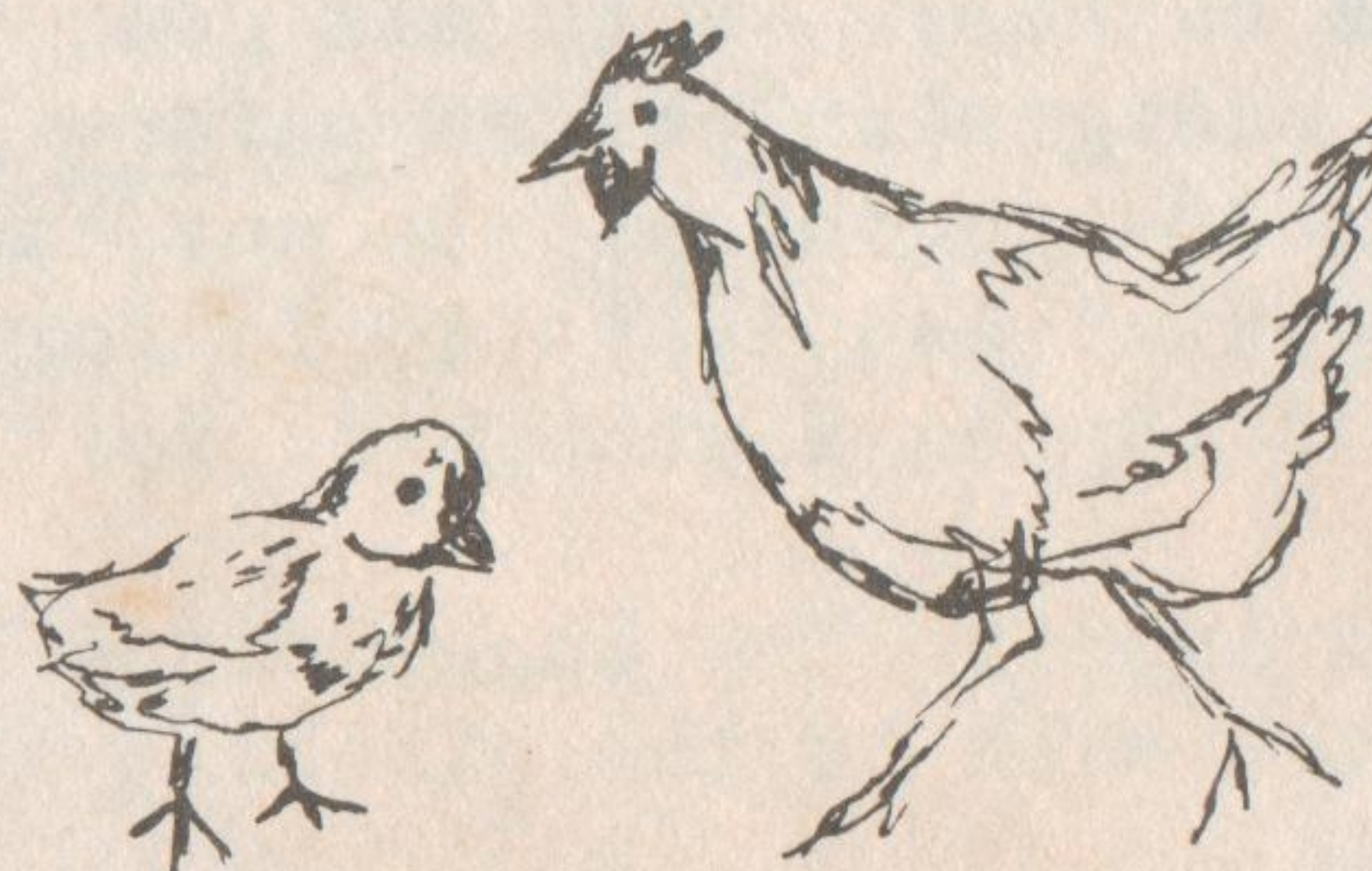


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## NOTES FROM THE CO-ORDINATORS

The computerized membership list has been revised. You can check at the cash register in the Co-op for your correct percentage, renewal date, and membership number.

**New members:** Membership cards have been reprinted. Just present your receipt and get yours. One card per membership. A membership covers a family or four adults living in the same household.

We need workers! At least 6 every two hours. Please work earlier in the month because the build-up of workers at the end of the month is too much to handle. We need a constant number of workers throughout the month.

Please put empty honey jars by the honey barrel, and egg cartons in the work room.

We need someone to redo the vegetable price board. If you are interested, talk to Patricia.

We need someone to volunteer to make signs. If you're interested, see Pat.

All \$10.00 loans will be converted to two-year memberships.

There are always half-priced vegies. If you're looking for a bargain, look in the 1/2-price bin.

Please know your correct percentage, for the cashier. Have all your vegetables and grains priced before you come to the register. Do not expect the register people to do it for you. They already have enough to do!

We need input. The suggestions list is on the wall by the office.


Keep your Co-op clean. If you spill it, clean it.

Put your shopping carts back.

It's your Co-op. Make yourself at home.

Assistant managers are people who work in the storefront 8 hours a month. They pay no mark-up on food. Their limit is \$80.00 a month worth of food. They work a scheduled 2-hour time period every week, and do such things as: running the register, receiving orders, etc. We rely on

them to do the bulk of the work at the Co-op. If you would like to work as an assistant manager, sign up with one of the Co-ordinators.



### 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

703 NORTH  
MONROE STREET

Complete basic 10 gal. kit  
\$16.95 with AD offer expires MAY 31

To the Assistant Managers:

We have been having some trouble when we close at night. By letting you know what the problems are, we hope they will disappear. Please, if you suspect that you aren't doing something correctly, ask one of the Co-ordinators.

We have been constantly under or over by large sums of money everyday. Reasons:

- 1) voids not going under the drawer
- 2) receipts for memberships not going under the drawer
- 3) assistant managers not collecting the money
- 4) assistant managers not giving the correct change.

The second register is not being run correctly. All grocery items are rung up under Grocery, and profit in the Profit key.

Do not take money, checks, or food stamps from one register and put it into another.

We have been having too many no shows for Assistant Managers. We hate to have to time you, too, but if it comes to that.....

Please find a replacement if you can't be there. We suggest you set up a "buddy system" with someone, and trade times when you can't be there.

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comes to  
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Plant Hospital

OPEN  
MON-FRI  
10:30-6:00  
SAT 11:00-5:00

by Tana McLane

In the last issue of the Newsletter (see issue #2) I opened the topic of simpler, wholesome eating up for thought and discussion. This concept is worth exploring. For us to benefit from it, we need to bring it to daily use. Uncomplicated ingredients included in our diets can fulfill the requirements of both a simple style of eating and the needs we have for sound nutrition. Pure, natural honey lends itself easily to these requirements.

Honey is a good, multi-purpose food that is rich in many necessary elements. It is a natural food, not merely a sweetener, and it provides a lot of efficiency for little effort on our part. Honey is a source of such nutrients as vitamins B<sub>2</sub>, B<sub>6</sub>, Biotin, K, and others - in combination with important enzymes, minerals, organic acids and carbohydrates.

Bees, participating in both a symbiotic relationship with the plant world and a highly stratified social structure among themselves, cooperate in the processing of honey from the nectar of flowers. Many bee hours and much effort go into the collection, transportation, digestion, and the condensing of the nectar. Then it is dried, ripened, and stored in wax combs.

The predigestion of the substances that make honey renders them a simple sugar that is immediately available for assimilation in the human body. It supplies the demand for quick energy. Because it is a sugar, it is fattening and can cause tooth decay, if proper care is not taken.

The positive characteristics of honey make it a desirable addition to daily eating. It easily replaces refined white sugar once the methods for using it become familiar. (My cousin thins it with warm water and pours it on his cold breakfast cereal, thereby eliminating one of the usual sugar traps.)

The use of honey in teas and coffee, and in various fruit-protein drinks, is an uncomplicated method of including it in the diet. Another good use for honey is in baking. Recipes must be adjusted to accommodate the extra liquid in honey. Adelle Davis suggests that recipes converted to include honey use 1 cup honey in place of 1 cup sugar, and that other liquid in the recipe be reduced 1/4 cup. I usually use a little less honey. Many natural foods cookbooks offer recipes that call for honey.

Honey can also be used medicinally. I am presently nursing a sore throat by swallowing 2 teaspoons of honey whenever it feels irritated. Some research has suggested that bacteria cannot grow in honey.

Honey retains its vitamin content in storage, unlike most fruits and vegetables. It can be purchased in bulk at the Co-op storefront.



# AS THE WORM TURNS

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

by Debi Powers

What a beautiful time of year! The plants in the garden are growing bigger everyday. They look green and healthy from all the good organic fertilizers. But, what about bugs? The gardener's worst fear is bugs. But, relax. Once you acquire a little "bug knowledge" and develop a keen eye, you will have very few problems. An organic garden is literally crawling with insects, and growers must develop a tolerance for bugs, themselves. Organic growers have faith in nature's ability to keep her insects under control if left alone. Organic plots provide the proper habitat for bugs which includes healthy soil, healthy plants, a rich diversity of plantings and varieties, and the absence of chemical pesticides and fertilizers. The insects will be at a natural balance which will prevent any of them from overpopulating and becoming a pest.

Pesticides upset the natural balance because they indiscriminate. They kill helpful insects, as well as pests, which leaves a garden or field vulnerable to a new attack by pests with no predators to combat them. Many of the insect problems in this country are the result of the pesticides themselves. Farmers using chemicals finding that their fields need larger amounts of pesticides each year because insects are becoming resistant. (I would like to see a bean beetle build up a resistance against a big, hungry praying mantis!)

Sometimes you must help nature to achieve the natural balance necessary for pest control. Sometimes the predators, parasites, or diseases which keep certain insects under control is missing. In these cases, the gardener must introduce the natural enemies of the pests. The introduction of praying mantises and ladybugs has been very successful for insect control in this part of the country. I have used these predators in my garden for the past three years with incredible results. Chinese praying mantises' egg cases can be ordered from:

Bio-Control Co.  
10180 Ladybird Drive  
Auburn, California 95603

3 for \$2.00, 5 for \$3.00, 8 for \$4.00,  
20 or more for 45¢ each, 50 or more @ 40¢,  
100 or more @ 38¢. All airmail paid.

*continued on next page...*

You must order before June 1. About 200 mantises will hatch from each egg case. They have a huge appetite and will stay close to where they are born, if there is enough food. Mantises are carnivorous, not vegetarian. They

will never eat garden vegetables, only insects. Mantises rarely eat lady bugs unless they are starving. Although they are tiny and very hard to see when they hatch, they will be about 5 inches long by the end of summer. It is interesting to find them in your garden and see how much they have grown. When they are young, mantises will eat aphids, flies, small caterpillars and other small-bodied insects. When they are larger, they will also eat large insects, such as grasshoppers.

Ladybugs are also carnivorous insects. They will eat fruit scales, mealybugs, bollworms, leafworms, leafhoppers, fleathoppers, and corn ear worm. Their favorite food is aphids, and they can eat 40-50 per day. I have seen ladybugs clean off several rows of aphid-infested peas in one day. If you order them before June, you will receive old ladybugs. When you release them, they will mate, eat, and lay eggs and then die after a few days. (The mating is really fun to watch - I usually get up real early and watch for hours.) Their eggs will hatch several weeks later. If you decide to order ladybugs after June 1st, you will receive young ladybugs. Ladybugs can be ordered from the company listed above.

1/2 pint @ \$4.00	1 pint @ \$5.00
1 qt. @ \$7.00	1/2 gallon @ \$10.00
3/4 gallon @ \$13.00	1 gallon @ \$17.00
1-1/4 gallon @ \$20.00	

(Note: small garden - 1/2 pint, medium garden - 1 pint, large garden - 1 qt.)

If you have any questions, give me a call after 4:30 on weekdays at 576-6272. Take a tour of your garden several times a day and keep a sharp lookout for bug problems. Handpicking is easy and effective if caught early enough.

Good Luck!



# BALLOT

## BALLOT FOR DECISION ON FOOD DILEMMA

This is your opportunity to voice your feelings concerning the direction your Co-op takes in stocking items for you.

Please indicate your preferences on the Ballot below and drop it into the **HIGHLY VISIBLE** Ballot Box at your storefront. The voting deadline is June 1st.  
One ballot per membership, please. To avoid duplication, please indicate your membership number.

Membership Number: \_\_\_\_\_

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### Section I

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

- \_\_\_\_\_ 1. To stock only natural food items, eliminating some items presently offered. (flavored Dannon yogurt, Danny Bars, white sugar, Veggie Burgers)
- \_\_\_\_\_ 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)
- \_\_\_\_\_ 3. To develop eventually into a full-line food store, stocking standard grocery items (except meat), in addition to present stock.
- \_\_\_\_\_ 4. To develop eventually into a full-line food store, stocking standard grocery items (including meat), in addition to the present stock.

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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.

- |                      |  |
|----------------------|--|
| _____ fresh seafood  | _____ canned vegetables (corn, tomato paste) |
| _____ frozen seafood | _____ canned prepared foods (chili, soups)   |
| _____ beer           | _____ fresh meat                             |
| _____ wine           | _____ packaged meat                          |
| _____ white sugar    | _____ frozen meat                            |

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