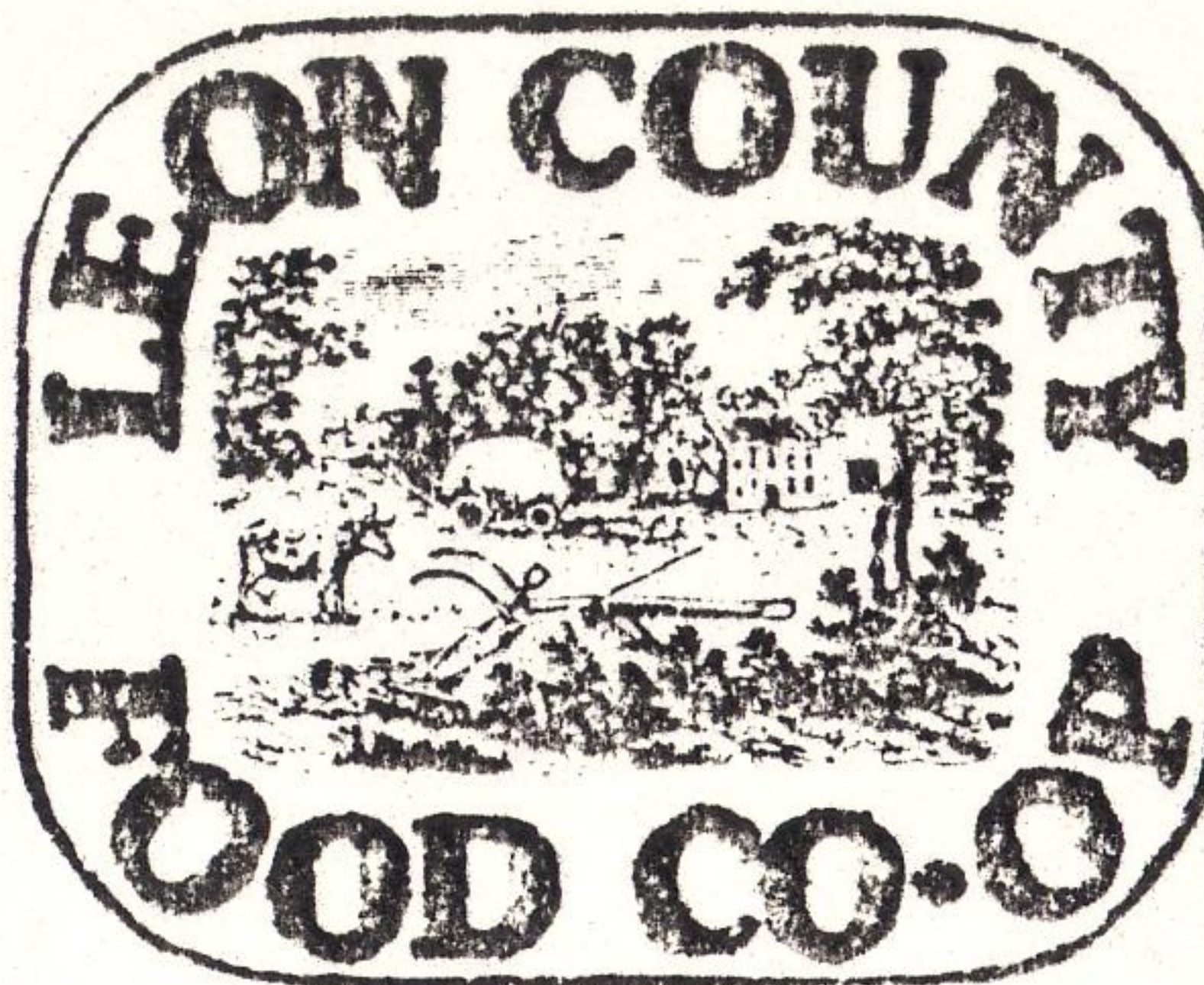


LCFC's  
NEWS-  
LETTER  
~DEC. '76  
#8



from the  
editors...

by Debi  
& Tana



Special thanks to all of you who have been contributing articles. The Newsletter began with the majority of the writing being done by the editors. Now, the majority is from contributing writers. Your interest has increased the quality of this Newsletter. Keep those articles coming in!

#### Newsletter Staff

Editors/Layout -- Debi Powers and  
Tana McLane

Technical Assistant -- Ford Lawless  
Typist -- Nancy Key

Ad Salespersons -- Kathy Craddock  
Ed Long

Artwork -- Tana McLane

Writers -- Lois Bigger

Rob Dunn

Pat Handschy

Freddy Kaye

Jim King

Andy Leon

Ellyn MacDonald

John Woodworth

Tana McLane

Debi Powers

Printer -- Modern Copy Service

Folding and Collating -- Sonja Nalon

## HERSTORE

*a non-profit, collectively -  
managed feminist bookstore*

- *provides access to women's ideas & literature*
- *offers a selection of non-sexist children's books*
- *offers space for women's activities, meetings, and projects...*

*Help Us Keep It  
Happening!*



112 E. Call St.  
Tallahassee, Florida  
224-2728

## *New Membership Cards!*

### Co-op New Year's Resolution

MEMBERS WILL BE ASKED TO SHOW CARDS  
A new membership card is being designed and printed. Each member of a household will be able to have a card, instead of the current policy of one card per household. Each time someone works at the Co-op, the cards for that household will be validated by a coordinator. Each shopper will be required to show their membership card at the cash register. The cashier will then be able to determine the correct percentage markup. Shoppers who do not have their membership card will be charged the nonmember markup of 35%.

This new policy, which is planned to go into effect on January 1, will probably cause some hassles and inconvenience at first. Co-op members are urged to be patient.

### LCFC Christmas Clothing Drive

Since the season for giving is here and we would like to help the less fortunate in the area, the Board of Directors (by Patricia's suggestion) is organizing a clothing drive for the needy.

We plan to collect used and unused child and adult clothing in a bin at the storefront. A collection point near the cash registers is clearly marked. Please bring in old clothes (clean) that someone else might be able to use. We plan to ask for volunteers to distribute these and all the clothes in the "Swap Shop" near the LCFC living room before Christmas to charity organizations and needy people.

If you would like to volunteer to act as Santa and distribute clothing, contact one of the coordinators.

PLEASE bring in those things you don't (and probably will never) use anymore. Someone needs them more than you do.

Robb Dunn

## November General Membership Meeting

The LCFC general membership meeting was held within the comfortable surroundings of the Taproot on Sunday, November 21. Though the attendance was the largest since last spring, it was still a very small percentage of the total members. As usual, the food was delicious and nutritious (most of these recipes will be in the Co-op cookbook coming up soon). Two vacant board positions were filled with the election of Earl Billingsley and Andy Leon. Two issues were debated and decided by a vote of those in attendance. The question of selling seafood was resolved by voting to permit Van Lewis to sell seafood in the LCFC parking lot at approximately 10% above wholesale to all customers regardless of membership status.

## December Board of Directors Meeting

The BOD met at the storefront on December 2. Chairperson Barry Snitkin presided at the meeting.

The main issue under discussion was the financial problems of the Co-op. Coordinator John Woodworth presented a six-month financial report which showed that LCFC had lost \$4,903 in the past six months. Coordinator Patricia Handschy presented recommendations from the coordinators on changes in Co-op policy designed to alleviate the financial strain. (Editor's Note: See John Woodworth's article in this Newsletter for more information on the new Co-op policies.) These policy changes were discussed at length and approved by the BOD.

The BOD also voted to officially change work policy. Members who work in the storefront will receive work credit for the following month. There will be no more retroactive work credit.

The BOD discussed the inefficiency of the Swap Shop and voted to give the clothes and toys to the United Farm Workers. (Editor's Note: See Rob Dunn's article on this subject.)

Freddy Kay requested the removal of dented cans from LCFC shelves due to the fact that they could be contaminated.

The beer and wine issue was drowned as an overwhelming majority of the voters were opposed to the sale of alcoholic beverages at the Co-op.

## Co-op Provides New Services

### Notary

On the first Saturday of every month, from 10-12, there will be a notary public at the Co-op. They will be donating this time for anyone to come and get what they need notarized. We hope to expand this service if the need is there.

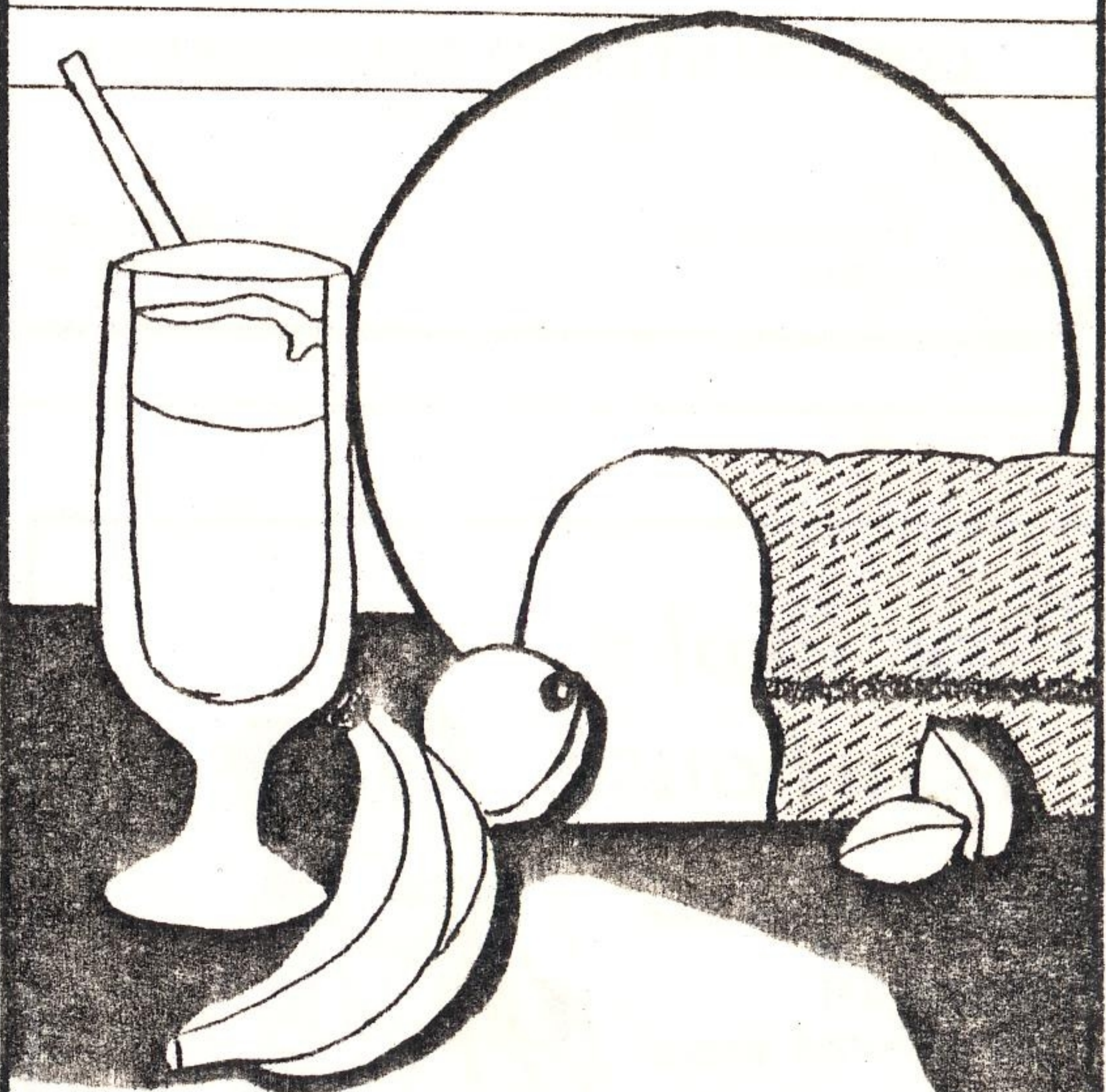
### Babysitter

On Wednesdays from 5-7, there will be a babysitter at the storefront for those who have children and want them supervised while you shop.

### Ditto Machine

The Co-op now has a ditto machine. Anyone who would like to have some material duplicated should see Pat for details. The charge will be 50¢ per ditto plus paper.

*Your body deserves it!*



*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. Tennessee (Univ. Plaza)*  
*8 blocks west of F.S.U.*

*224-2043*

Notes From the Coordinators

Have you seen the new phone booth outside? It was put there for your use. If you use LCFC's phone, please contribute to the phone bill (it's outrageously high).

The Feminine Women's Health Center is in need of funds to help continue operating. We have a contribution jar at the information table. Please help!

The information table has all the current newsletters, pamphlets, contribution jars, petitions and a store operations suggestion box. The suggestion box is not for food suggestions (that's on the green cabinet by the office) but for suggestions on how the store could run better. Remember the best suggestions come from members so if you have a idea, tell us! By the way, it's for complaints too.

We need to sell the following items:

- Refrigerator -- \$25.00
- Double Sink -- \$25.00 or best offer
- Bread Trays(brown) -- \$2.00 each
- Racks (leggs, razor blades, etc. No offer refused

Do you own a truck? a van? or a station wagon? Do you ever to to Tampa? Atlanta? Gainesville? Mobile? Pensacola? If you do either you can earn a little extra money by trucking for LCFC's warehouse or if you're planning a trip you can ask one of the coordinators if there is anything that needs to be taken or picked up. Please tell us enough in advance to make the necessary arrangements.

# WEAVERS WASHED

NEEDLE POINT  
WEAVING YARNS  
SPINNING SUPPLIES  
DYES

## HANDCRAFTED GIFTS

*Weaving Lessons Starting  
After Christmas*

*121 East Call Street  
Tallahassee, Florida  
(904) 222-1642*

**Stereo  
Sales**

2526 S. Monroe St.  
904/877-1728

OF TALLAHASSEE

**CUSTOM STEREO COMPONENTS**  
sales & services

625 W. Tennessee St.  
904/224-2635

1885 N. Boulevard St.  
904/386-4081

## Poor Paul's Pourhouse

HEINEKEN ON TAP  
CHRISTIAN  
BROTHERS WINE

BACKGAMMON  
CHECKERS  
CHESS

ENGLISH DARTS  
POOL  
FOOSBALL

OPEN  
NOON  
TIL 2AM

618 W. TENN  
UNDER MARCO'S  
PIZZA





# History of the Co-op ...by a founding Mother

The New Year seems a good time to think again of our origins and to reflect on how very much Leon County Food Co-op has grown and changed from its initial purpose as a "Dry Goods Co-op."

In the fall of 1972, the Alumni Village Fruit and Vegetable Co-op was reorganized and several of us wondered how to obtain whole wheat flour, dried beans and nuts as easily as we could solve the fruit and vegetable supply. Obstacles in the form of storage possibilities, initial investment capital (nobody had any spare money), lack of sources, and distribution difficulties delayed any long-term solution to our problem. The best we managed that year was to order 50# bags of whole wheat flour and to divvy it up in our houses with a few friends.

73-74 and rapidly rising food costs spurred our efforts once again. This time a dry-goods storefront was visualized and a long search was on for possible locations. Spring 74 marked the first cohesive organization of a real co-op, and priorities and philosophy were discussed, fought over, and adopted.

We wanted to sell low-cost, nutritious foods and we wanted to be available to Blacks, students and others whose eating habits often reflected lack of income. To do so, we recognized we could not locate in Killlearn Estates. As many of you know, we finally found a broken-down warehouse on Macomb Street. Since our membership at that time was about 15, five of us received the joyful task of cleaning up -- definitely an experience on the never-to-be-forgotten list.

In order to pay the rent and utilities, insurance, etc., we had to push our membership drive -- we sat for hours and days in booths on campus at FSU, FAMU, TCC; FSU proving our only good source for members. I spoke at public meetings, before civic groups and churches, and even a retirement village in Lanark, Florida. Joe Christy did radio and TV interviews, wheeled and dealt all over town in attempts to attract donations from prospective members, lined up legal help from Stu Parsons, and kept everyone's spirit up during that most difficult beginning. Jeff Thompson was the quiet backbone of the early co-op. He managed, in spite of a heavy schedule in graduate school, to be everywhere on time, with whatever materials were required.

CUSTOM JEWELRY • REPAIRS • POLISHING

*G. Greene silversmith*

741 N. MONROE ST. TALLAHASSEE, FLORIDA 32303

(904) 222-7957

*Custom & Polished Stones*  
*Inlay Jewelry*  
*Cast Jewelry*

*Indian-type Jewelry*  
*Roman Chains*  
*Gold & Silver*

*Quality Work for Reasonable Prices*

We had bake sales, whipped up a mini-cookbook for sale, and gradually, the funds began to grow. Gradually, because at first Tallahassee strongly resisted the idea of a co-operative venture. We were ignored, insulted, and made fun of in the beginning. We began to feel hopeful when this approach tapered to remarks like "You'll never make it, you know" offered in an amused tone.

But, we did it. We were incorporated into a nonprofit organization. We luckily found a health inspector who worked with us instead of against us. We scraped up enough money to get the lights turned on, insurance paid, and our first small order contracted for.

In the harsh light of the summer's day, the humble beginning of the LCFC did not look very encouraging. Our only customers were winos from the bar next door and we gnashed our teeth as they avidly bought up the only embarrassing item on our shelves (cases of potato sticks we had picked up in an unreclaimed freight shipment).

At first, discouraged and tired, we rallied and worked all summer recruiting new members and generally hanging in there, until the fall. With the opening of FSU and the influx of the student population, our spirits and membership rose rapidly. For the first time, we could actually see the tangible possibility of success. This was our take-off point. Much work still remained, but the Co-op was now real and we plunged ahead with projects, source-hunting, and expanding our operations. We had made it!

Many of our newer members do not even remember our old storefront. Nor were they involved in our early trials and tribulations. It is much easier now to be a member since there are so many and effort can be spread widely. It is also much easier to remain ignorant of what the Co-op really is, and is becoming. I urge all of you to take the time, someday, to read the by-laws and charter, to attend a board meeting some month, come to our covered dish dinners and represent us in the community at large. In spite of numerous newspaper articles, there are still many people out there who know nothing about us or the co-operative movement. Get involved and help us grow. Joe and Jeff and I, in our early ecstatic dreams, envisioned no limits to what we could accomplish. So, there is certainly plenty of room in our original dream for innovation, leadership, and member participation. Let's make the New Year the best year for the Co-op yet. Let Tallahassee know we're here, that we're a positive force in the community and that we are definitely here to stay.

Lois Bigger

# GULF NATIONAL BANK

"PROVIDING THE ULTIMATES, AND CONSISTANCE IN SERVICE"



— HOURS —  
DRIVE-IN

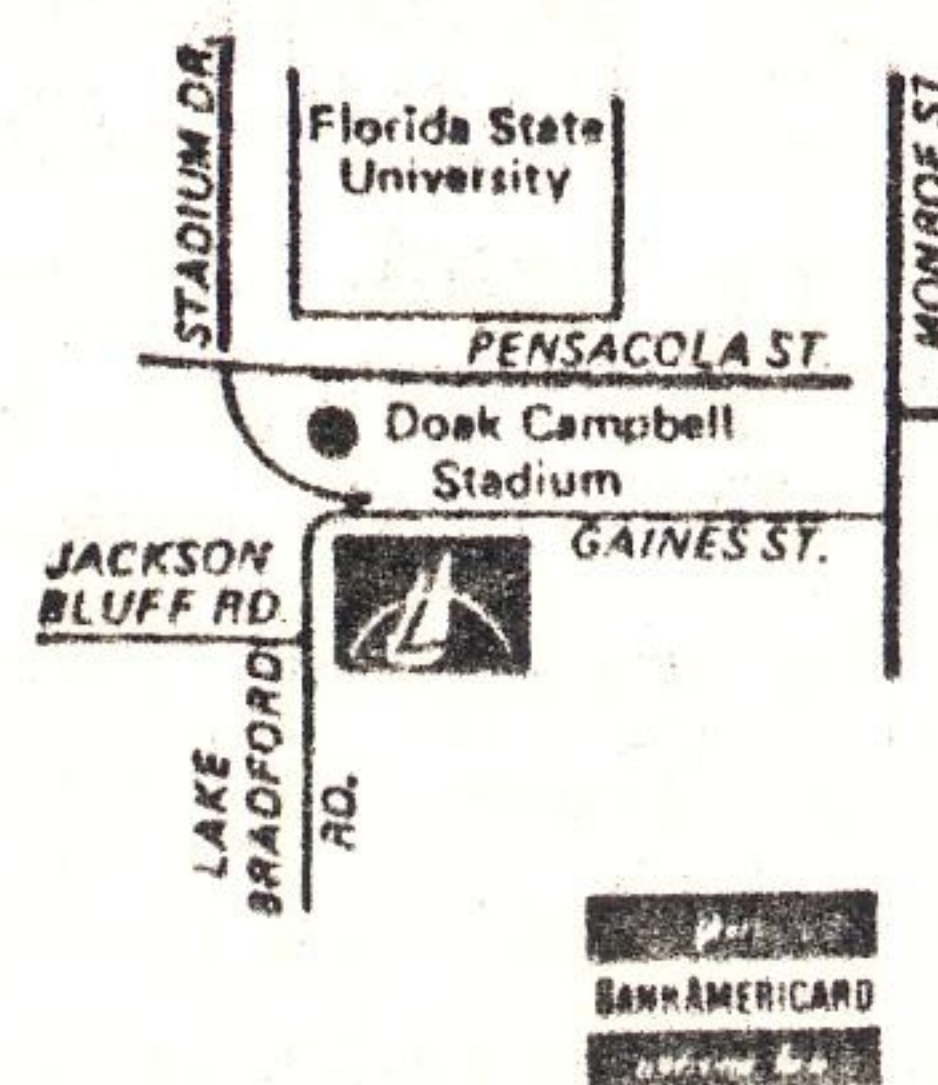
MON. - THURS 7:15 A.M. TILL 6:00 P.M.  
FRI. - 7:15 A.M. TILL 6:30 P.M.  
SAT. - 9:00 A.M. TILL 12:00

LOBBY HOURS - Mon - Thurs 9 - 2  
Friday 9 - 2 3:30 - 6 P.M. Sat 9 - 12

Member FDIC - FEDERAL RESERVE SYSTEM

PHONE **576-8141**

803 LAKE BRADFORD RD. TALLAHASSEE



## Editorials

---

A problem of not enough money seems to be with LCFC nowadays. Being a cheese cutter I have noticed that we too frequently run out of our cheese stock. Not having the money to buy from the cheese wholesalers is sometimes the case, and is an economic concern as the cheese selection provides the largest portion of income and profits for our store. For the past couple of weeks most of our cheese stocks have been depleted.

This summer it was assumed that times were hard because of a lack of students in town. I heard that we bounced a check then. The last week of October we bounced another check for \$4,000. A bad business practice like this is a good reason for wholesalers not to deal with us. Presently, we are \$10,000 in debt.

So, tough times are upon us. Just exactly why, I do not know. Suspicions: (1) our practice of deficit-spending is proving unhealthy, (2) allowing cheese sales to subsidize other commodities resulting in the neglect of the cheeses is no good.

When Hickory Farm can pay its bills at the Tallahassee Mall by selling Red Gouda for \$3.79 a pound while we wholesale it for \$1.90, I know that we could have the largest cheese market in town if we handle the opportunity right.

With our move to Gaines Street were ideas of warehousing goods to sell to other cooperatives throughout the state. But we do not yet adequately stock ourselves.

Perhaps, at our next general membership meeting, we will find out what is happening and can work on solutions. The attendance of as many directors, managers, assistant managers, and members at large (along with their favorite dishes) is encouraged.

Jim King

### Is Honesty the Best Policy?

by Debi Powers

The first time that I walked into LCFC, when it first opened on Macomb Street, it was very small in both floor space and goods offered. It was extremely hot that day and the old frame building was like an oven. But, there also existed a warm feeling of community and friendly smiles and helpful people. I knew that I was there to stay. I was particularly happy with the cooperative philosophy and the self-help, honor system way of shopping. Back then, we were an energetic, devoted group of under 300 members. We felt that people who contributed work and interest in a democratically-run store would be honest in their dealings with that store.

Now, two and one-half years later, we have a large storefront and inventory, and over 3,000 members. But unfortunately, we are losing money (\$5,000 in the last six months). The Co-op operates on the idea that people are honest and can be trusted to weigh and price their own food, read out those prices at the register, and quote their correct percentage markup.

Unfortunately, we are having some problems with this policy. The BOD and coordinators have taken action to correct some of them, but it is also the responsibility of all members to improve the situation. We will be required to show our membership cards when we check out at the cash register. These cards will be stamped each time we work at the storefront, so that the cashier can look at the card to determine the correct percentage markup. The weighing and pricing of goods will remain the responsibility of shoppers. Please be conscientious about this responsibility. We ALL must work to make the Co-op a success.

Potpourri's

Potpourri's are jars of mixed fragrant herbs used to scent a room. The herbal mixture is usually put in an airtight jar and "cured" for four to six weeks before being used. After this, the lid of the jar is removed for about a half-hour when a room is to be scented. Then the lid is replaced and the potpourri can be used again and again for maybe six months.

The two most common herbs used in potpourri's are lavender and rosebuds. But, others that can be used are mints, marigolds, patchouli and rosemary -- or any herb that has a potent, fragrant smell!

Potpourri's are a good idea for easy, inexpensive, homemade Christmas gifts! It is a different idea, and one that can last many months after the Christmas season has passed.

Lavender Potpourri

- 2 C dried lavender flowers
- 2 T dried lemon peel
- 4 T orrisroot powder
- 4 T dried peppermint leaves
- 2 T dried sweet basil
- 2 T dried rosemary
- 1 t benzoic acid powder
- 6 drops oil of lavender

Gently combine all ingredients, except the oil. Finally, add the oil, a drop at a time, tossing as you add. Seal and store in a dark, dry, warm place for 4-6 weeks, shaking daily.

## SUPERTILLER GARDEN SERVICE



CO-OP MEMBERS' SPECIAL  
20% OFF REGULAR PRICE  
for Gardens tilled in  
January! (only)

1000 sq. ft. - \$12.00  
1500 sq. ft. - \$16.00  
2500 sq. ft. - \$20.00

Tallahassee's Largest Tiller -  
17 hp Diesel • Call 926-3388 after 5

Small Rose Potpourri

- 2 C dried rosebuds
- ½ t coarse ground clove
- ½ t coarse ground cinnamon
- ½ t allspice
- ½ t dry mint leaves
- 1½ t orrisroot powder
- 3 drops oil of roses

Combine the rosebuds, mint, and spices in a bowl. Mix in the orrisroot powder and oil of roses. Seal tightly, and set to cure in a warm, dry, dark place for 6 weeks. Shake gently every day.

from "Potpourri's"

NOTE: The herbs needed in these recipes can be obtained at the Co-op, or at Black Creek Herbs and Crafts at 118 East Call Street.

## Merry Christmas from COUNTRYSIDE CYCLE SHOP

the Big Bend's only

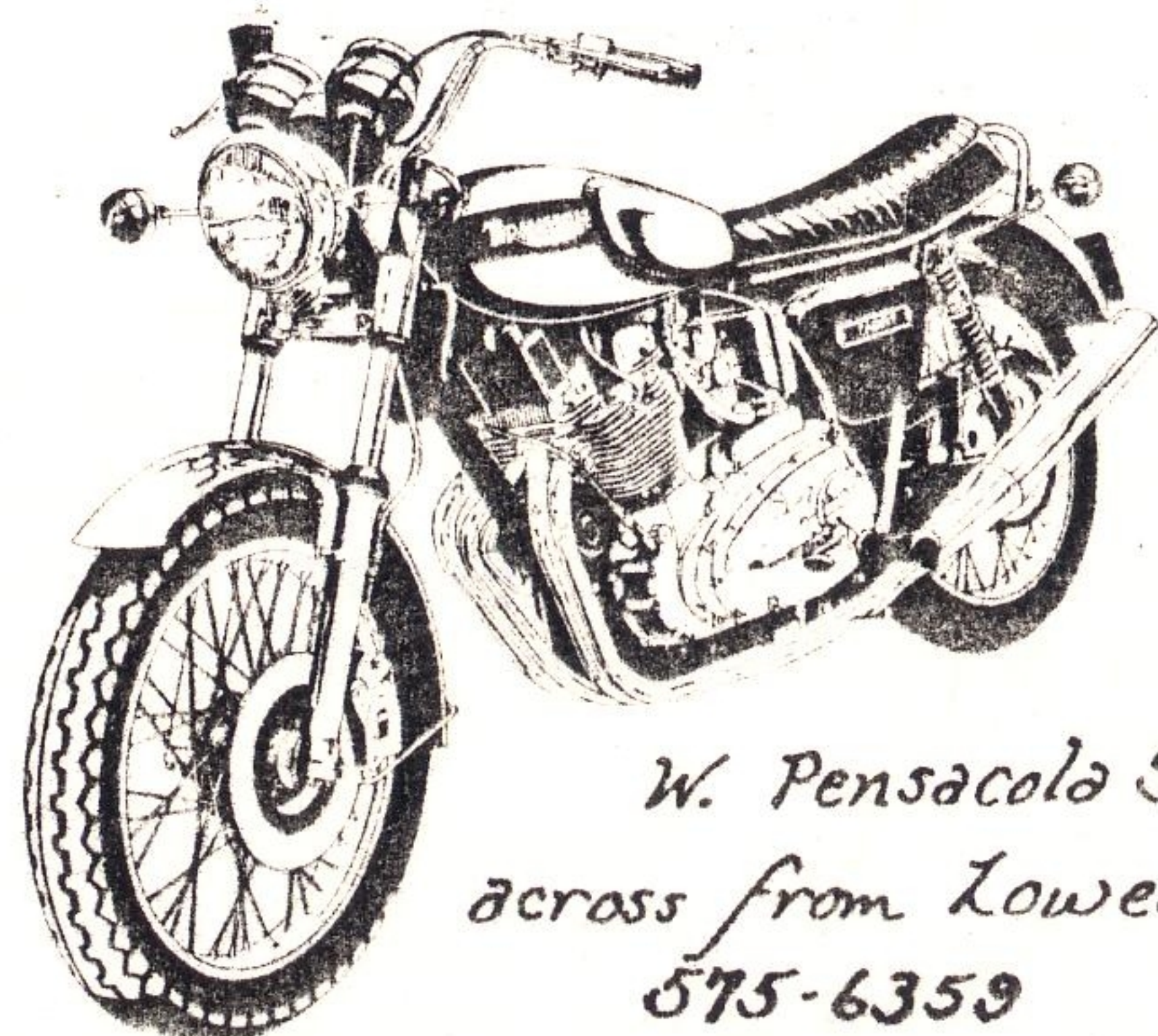


dealer

— stocking stuffers —

- lockhart apple warmers
- gauntlets
- arthur fulmer helmets
- continental & dunlop tires
- chrome accessories

Many other items for  
the motorcycle  
enthusiast



W. Pensacola St.  
across from Lowes  
575-6359

In the past, I have taken it for granted that we all know enough about vegetarianism to enhance our diets accordingly. But recently I have seen, in our own members (alas), deficiencies which occur from improper nutrition. There are hazards to vegetarianism when practiced in ignorance (just not knowing how to substitute plant foods for animal foods). Some have asked, "Why do I get opaque white spots on my nails?" Other questions arise and some have been answered in previous Newsletter articles. By the way, these opaque white spots are from a lack of sufficient protein usually from not combining the 8 essential amino acids properly.

So what does a vegetarian need to know? Most important is how to combine protein sources. A rule to remember is to combine legumes (beans) and grains because a legume might be deficient in a few amino acids that the grains contain and vice versa. Also, for those lacto-vegetarians, milk combined with rice or wheat or corn or nuts will serve as an excellent combination, as complimentary protein. BUT, you must eat them at the same meal or within approximately four hours of each other. Otherwise the compliment/combo will not occur, and you will have wasted your protein, money, and meal. Why, within four hours? Because the protein source containing the essential amino acids will deaminate (i.e. separate the nitrogen from the amino acid which will be excreted as urea or urine). Meanwhile, the rest of that same protein, which separated, will become a nonessential amino acid and go into the amino acid pool of the liver, to be used to make new protein (which the body can still utilize), but not as essential amino acid (for maintenance and repair of body tissue). So, eat your complimentary protein together. Diet for a Small Planet is an excellent reference for combination sources of protein.

What else must a vegetarian be aware of? The need for Vitamin B<sub>12</sub>. This vitamin comes only from a micro-organism, not directly from the fresh plant or grain. Cobalt, an essential trace mineral, is an important part of B<sub>12</sub>. Cobalt activates a number of enzymes in the body. It is essential for the normal functioning of red blood cells and a lack of this vitamin can lead to pernicious anemia, which leads to problems with your nervous system (brain and spinal tissue). Sources of Vitamin B<sub>12</sub> include fermented soya products such as Miso and Tofu (a soybean curd). Also, cheeses are an excellent source, as well as yogurt. This deficiency does not usually show up for 3 to 5 years and then it could be irreversible, so be aware. The USDA recommends 5 micrograms daily.

Two other nutrients vegetarians need to be aware of are IRON and CALCIUM. Iron can be obtained from various greens, such as spinach, collards; also from prune juice, raisins, and granola products. Calcium is needed all your life. Your bones are "regenerated" every year (i.e. about 20% of your bone matrix is renewed every two months). New calcium, phosphorous and protein are needed to keep your bones and teeth from becoming porous. The "little old lady" who walked across the street fell and broke her hip didn't fall, her hip bone crumbled from the weight (pressure of her upper body), and then she fell. So the fall was "after the fact" of the bone's crumbling, becoming porous and weakening.

So, all you "veges," please be aware of your needs. Vitamin and mineral supplements are not really necessary if you are preparing balanced meals. The FSU bookstore has a 45¢ booklet published by the USDA called "The Nutritive Value of Foods" which is really a must for vegetarians and concerned people alike. That booklet is also known as "Home and Garden Booklet #72."

If there are further questions or suggestions, please put them in the Newsletter Box addressed to me. Be a healthy vegetarian. That is the only kind of vegetarian you should be.

From now until February is the best time to plant snow peas (also called sugar peas or edible-podded peas). Snow peas are small, crisp, sweet, flat-sided peas, which are eaten pod and all, because they lack the indigestible pod membrane of other peas.

Snow peas are rather expensive to buy, which makes them very worthwhile to grow yourself. They are not difficult to grow and are very prolific.

Never plant them in the summer. They love cool weather and will not produce in the Florida heat. (I speak with the voice of experience -- I saw my whole crop turn brown and die one summer.) Snow peas are planted in the early spring in the north and sometimes come up through the snow which is how they acquired their name.

November through February is the best time to plant in this area. They mature in approximately 65 days. Successive plantings will insure a long season of production, which will last until the weather becomes too warm (end of April, beginning of May).

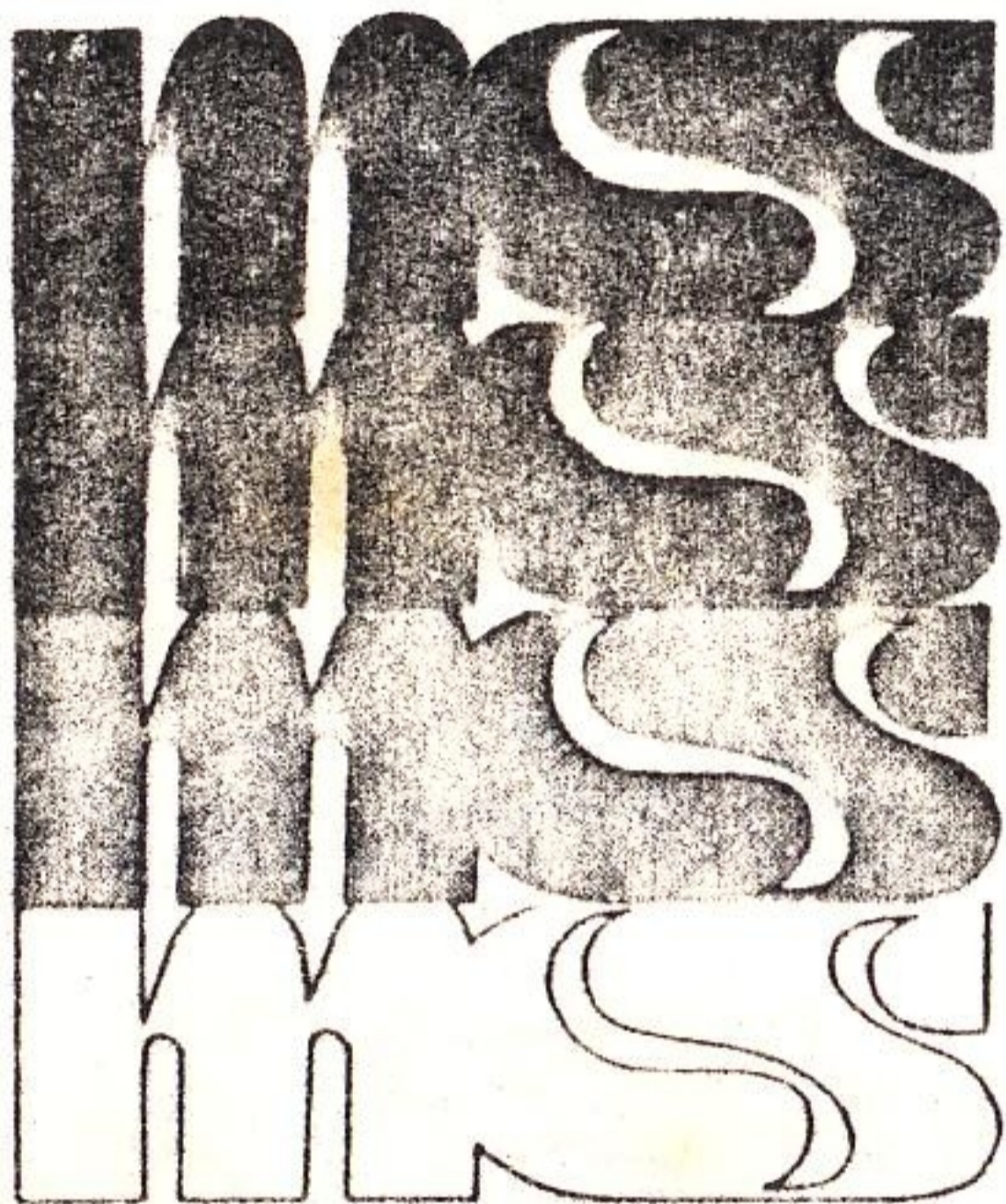
Snow peas should be picked when they are 2 to 3 inches long, before the peas swell inside the pod. When they start to produce, you should check on them everyday because they get too big very fast!

Freezing the surplus will allow you to enjoy them year around. To freeze them, simply remove both tips, place in boiling water for 3½ minutes, chill in ice water, drain, package, and freeze.

Snow peas are used in many Oriental dishes. My favorite way to cook them is in Chinese stir-fried vegetables. You'll have to buy the Co-op Cookbook to get my recipe! Snow peas can also be stir-fried separately for a delicious dish. When snow peas are stir-fried, they retain their dark green color, their crispness, and their nutritional value. Good eating!

P.S. I am looking for a small trailer that can be pulled behind a car to carry manure. If you have one for sale, please contact me at 576-6272.

Modern Copy Service



Jim Giroux

212 N. Monroe Street

Tallahassee, Florida 32301

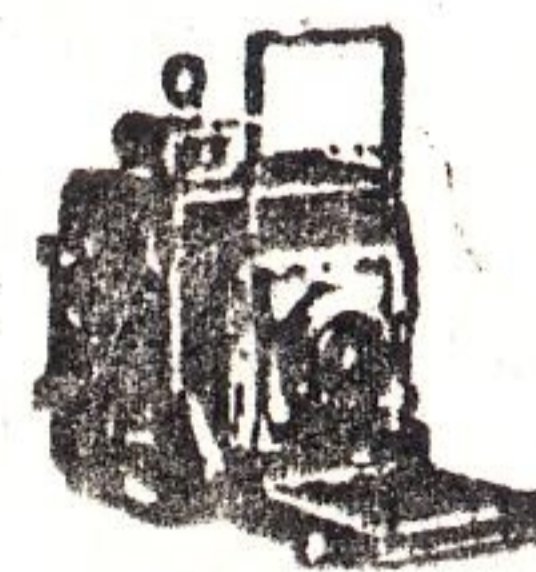
Office 222-7514

Home 386-1850

Flash  
Cube  
Studio

ALL TYPES PHOTOGRAPHY  
CUSTOM FILM PROCESSING

Black & White - per roll  
\$1.00 to develop  
\$1.00 for proofsheets  
Ektachrome Color Slides  
\$2.50 per roll



633 W. Tennessee St., Tallahassee 222-7236

## Announcements

The LCFC Cookbook is here in time for Christmas. Buy yours today. It's full of delicious, nutritious recipes, contributed by LCFC members. See it at the storefront. Cheap.

---

The Newsletter needs a new folder/colator. It is a four-hour job per month, offering 10% above cost on LCFC purchases. Contact Debi Powers (576-6272) evenings.

---

New Membership Cards Coming  
in January!



The LCFC Newsletter is distributed FREE through the storefront. It provides access to Co-op information, and to the members who have something to say, a place to say it. The Newsletter supports itself through its advertizing and costs \$90.26 per month, to print. We print by Xerox 9200 at Modern Copy Service.

