

LEON COUNTY FOOD CO-OP NEWSLETTER



649 W. Gaines St. Tallahassee, Fla. 222-9916

New LCFC Membership Cards

Due to the general confusion surrounding membership cards, worker discount percentages and "who's done what," LCFC has begun to issue new cards which must be presented during purchase. To receive your new cards, turn in your old card. The information will be transferred. Up to four adults or a family in one household may shop on one membership. And each adult must carry a card.

As you work at the Co-op, your card will be stamped on the back -- one time for each 2-hour shift you work. Show the back of the card to the cashier before your purchase is rung up.

Below is the new card:

<i>front</i>	<i>back</i>				
LEON COUNTY FOOD CO-OP					
649 West Gaines Street / 222-9916					
Mon.-Fri. 10 a.m.-7 p.m. Sat. 10 a.m.-6 p.m.					
Membership covers 4 adults or a family in one household Work is always credited for the following month					
<i>Non - Negotiable</i>					
has a one year membership					
Number XXXX Date XXXX					
not transferable					

New Work Descriptions

Beginning now, please do the following to work in the Co-op:

1. Sign up on the sign-up sheets
2 hours/month = 15% (above cost) 4 hours/month = 10% (above cost)
2. When you come to work:
 - a. Sign in at the storefront office; include your membership number.
 - b. Get your card stamped (new cards and duplicate cards issued).
 - c. Obtain work instructions.
3. Remember:
 - a. Show the stamp on the back of your card, for 10% and 15% above cost at register before your order is rung up.
 - b. Others in your household must have their cards stamped too.
 - c. Assistant Coordinators must get their cards stamped too.
 - d. Your % is for the next calendar month.

We hope to be more efficeint with this system, and to eliminate any hassle you may have had.

Newsletter Staff

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special thank to Georgeann Jessenden

From Editor Debi Powers

I would like to start a section in the Newsletter dedicated to editorials about the future. These editorials can concern any aspect of the future such as energy shortages, ecology, agriculture, population control, food, society, the family, government, education, or whatever. This will require a great deal of membership input. Let's share ideas and opinions! Write your editorial TODAY and place it in the Newsletter box in the storefront. Thanks.

Letters to the Editor

We are making an effort to educate ourselves about uses and nutritional values of products we carry in the store. If you ever come across an article on these topics, please cut them out and tape them to the shelf by the product or tape them near the office. A cooperative effort at this will help to educate the members. Thank you. Andy

Please, if someone has old carpet scraps, our feet are numb. We need to insulate the floor at the two registers, the workroom scale area, and the office -- all places where we stand for a long time. Help!



Co-op Supper Meeting

The January General Membership Covered-Dish Supper Meeting was held at the Tap Root restaurant. About 40 people attended the feast which featured a wide variety of homemade natural foods.

The Board of Directors is rather concerned about the poor turnout of members to these meetings. (Only 1% of the general membership ever attends.) If you want to meet new people, eat good food, and participate in co-op decision-making, please come to the supper meetings. These meetings are held on the third Sunday of every month at 2:00. You'll be glad that you came!

Minutes of the January Supper Meeting

The meeting was led by BOD chairperson Debi Powers. BOD members were introduced. Aaron Rosenbert was elected to fill a vacated BOD position.

Freddy Kaye and Andy Leon discussed their newly organized Outreach Committee which will search for new sources of food, correspond and share ideas with other co-ops, and organize community projects. Lorna Kingsburo and Rosanne Wood agreed to help with this committee.

Rosanne Wood led a discussion concerning the buying of United Farm Workers produce. The membership voted to buy UFW produce whenever it was available and in competition with nonunion produce.

The membership became involved in a long and emotional debate concerning store policies about foods containing meat. Nothing was resolved. A motion to ban meat products was tabled.

Board of Directors Meeting
January 10, 1977

The January BOD meeting was held at the home of Pat Handschy. Chairperson Barry Snitkin presided over the meeting.

Pat Handschy announced that the BOD file in the storefront is a mess. Melynda Reid and Lois Bigger volunteered to reorganize the file.

Melynda Reid announced that she would not be seeking re-election to the BOD when her office expires this month.

The BOD approved Barry Snitkin as the second check-writer for the store.

New officers for Community Interest, Inc. (LCFC's corporate name) were appointed. They are:
President - Barry Snitkin
Vice President - Debi Powers
Secretary/Treasurer - Andy Leon
Debi Powers presented four proposals for BOD meeting reorganization which were approved. They are:

1. BOD members will receive a copy of the agenda, minutes, and financial report at each business meeting.

2. Every BOD member will receive a copy of the Constitution and Bylaws. (Pat Handschy volunteered to take responsibility for getting these for BOD members.)

3. A Constitution and Bylaw Revision Committee was appointed. Barry Snitkin and Debi Powers will serve on the committee.

Barry Snitkin proposed a new policy which was approved by the BOD. This policy will allow members to switch to a lifetime membership by paying the balance due.

Pat Handschy presented the December Financial Report and explained Co-op accounting procedures. The Financial Report looks much more favorable.

There was discussion concerning poor attendance at Supper Meetings. An agenda for the January Supper Meeting was organized.

(continued)

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Freddy Kaye will take responsibility for getting LCFC into the CPE catalog for Spring Quarter. Freddy will also talk to the Flambeau about an article on the Co-op.

The BOD created an Outreach Committee with Freddy Kaye and Andy Leon as chairpersons. Membership for the committee will come from the general membership. The Outreach Committee will look into new sources of food, communication with other co-ops, and communication with the community through special events.

Debi Powers was elected BOD chairperson for the next 4-month term.

The next issue of the Newsletter will be our 1st anniversary. Deadline for writers that issue will be February 28.

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224-2043

Court Clears Organic Farmer Who Fired Rifle at Spray Helicopter

Harmon Seaver lives in a remote log cabin in Minnesota with his wife and two children. They grow their food organically and draw their water from a stream. Seaver and several friends protested when the U.S. Forest Service announced that it would spray nearby forests with 2,4-D (contaminated with diopin, one of the most poisonous substances known). The Forest Service assured Seaver that none of the poison would get into the stream. Seaver organized a sit-in on the spray site. Two days after the sit-in ended, a helicopter came over, spraying forest land with 2, 4-D. Seaver got his rifle and fired several shots. The Minneapolis Tribune reported that he was firing blanks. Seaver was arrested and charged with aggravated assault. The Minnesota Department of Health tested the stream and found both 2, 4-D and 2, 4, 5-T. In the week-long trial, Seaver said, "It was self-defense. I was trying to defend my wife and children from the chemical warfare of the U.S. Forest Service." Seaver was found not guilty.

Langan Case Goes to the State Supreme Court this Month

Pat and Dorothy Langan own a small organic farm in Toppenish, Washington. In 1973 their crops were contaminated by aerial spraying from another farm. They went to court and won \$5,000 in damages because the chemical contamination disqualified their crops from organic certification. This is a landmark case -- the first of its kind. The agri-business chemical interests were very unhappy about this case because it could set the precedent for similar law suits. They have appealed the case and poured large amounts of money into the defense of chemicals. The Washington State Supreme Court will hear the case this month. The Langan court costs are tremendous. If you would like to contribute a dollar or two to the organic movement, send your contribution to: The Northwest Organic Food Producers' Association Legal Fund, Rt #2, Box 2152, Toppenish, Washington, 98948.

Organic Training Farm Helps the Rural Poor

The Frank P. Graham Experimental Farm and Training Center is a unique 650-acre farm in rural Anson County, North Carolina. The Graham Center provides room and board and training in organic farming methods, harvesting, and marketing to poor black, white, and Chicano farmers and migrants. It teaches skills, like equipment maintenance and repair, carpentry, brick-laying, bookkeeping, welding, and co-op management. The idea is to prepare the rural poor to make a decent living off the land, rather than become welfare statistics in the cities.

The Graham Center is financed by individual contributions to the Rural Advancement Fund. The address of R.A.F. is Room 100, 2128 Commonwealth Ave., Charlotte, N.C. 28205.

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Nuclear NewsNuclear Initiatives

Unfortunately, all six nuclear initiatives voted on last November were defeated. Opinion polls showed most of the measures doing well up to the week before the election when voters were bombarded with millions of dollars worth of industry-sponsored TV commercials.

This is how the voting went:

State	%Yes	%No
Arizona	30	70
Colorado	30	70
Montana	45	55
Ohio	32	68
Oregon	42	48
Washington	38	62

The toughest initiative was in Montana. It would have banned nukes altogether. Opponents spent \$300,000 to the proponents' \$300 and yet, the biggest percentage of "yes" votes were cast in that state.

Nuclear Disaster

Although no one in this part of the world knows exactly what happened, some kind of nuclear disaster occurred in Russia in the late 50's. A Soviet scientist (now living in London) claims that a nuclear waste dump exploded killing hundreds of people and poisoning thousands more. An unidentified American intelligence expert has said that what happened was not a waste explosion, but a reactor core meltdown.

EDITOR'S NOTE: All Co-op members who are registered voters please sign the petition for Nuclear Moritorium in the storefront.

The Cheese Book by Vivienne
Marquis and Patricia Haskell
Simon and Schuster, Inc.
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633 W. Tennessee St., Tallahassee 222-7236



It's time to plant seeds indoors, so that you will have plenty of tomato, pepper, and eggplant seedlings to plant in the garden when spring comes.

It is very economical to grow your own seedlings. The prices of tomato seedlings were high last year -- 25¢-35¢ each for common varieties, such as Homestead and Rutgers, and 50¢-75¢ for special varieties, such as Better Boy and Big Boy. Why spend the money on seedlings when you can grow them yourself for a tiny fraction of the cost.

It is also fun to grow seedlings, especially if you are like me, and can't wait for spring to come! Start spring indoors! There is nothing nicer than tomato seedlings growing in the window ledges.

Seeds should be started 6-8 weeks before the outside planting date. The average date of the last expected spring frost in this area is February 28 to March 10. Last year, I planted several tomato plants on February 21 and was eating tomatoes in May! Spring came early last year, but there's no telling what it will be like this year after such a cold winter! We will have to wait and see.

Let's start those seeds now! First of all you need shallow flats, 2-3 inches high with good drainage. Line the flats with newspaper to prevent too rapid drainage of water. Some people line the bottom with shredded sphagnum moss. This is very helpful in maintaining moisture but is not necessary.

Second, prepare your soil. I use a mixture of vermiculite, compost, and garden soil. It is a good idea to sift the compost and soil, so that you will have fine, twigless soil in the flat. Put soil in flats, about 2 inches deep. Water the soil before sowing the seeds.

Third, sow the seeds in rows. The rows should be about an inch apart. Cover the seeds with a thin layer of soil. Mist the top layer of soil to moisten it.

Fourth, place your seed flats where it is warm and dark. (If you have cats, be sure to cover the flats so that the cats won't think that they are great litter boxes!) Keep the soil in the flats moist by misting every day or so. Depending on the temperature and moisture, the sprouts will begin to appear in about a week or two (70-80 degrees=1 week; 50-60 degrees=2 weeks). They should then be placed in sunshine or under grow-lights.

Fifth, if seedlings are crowded, they should be thinned. The best way to thin them is to cut off the extra plants with a small pair of scissors. Pulling them out could damage the delicate root system of nearby seedlings. Seedlings should be 1-2 inches apart.

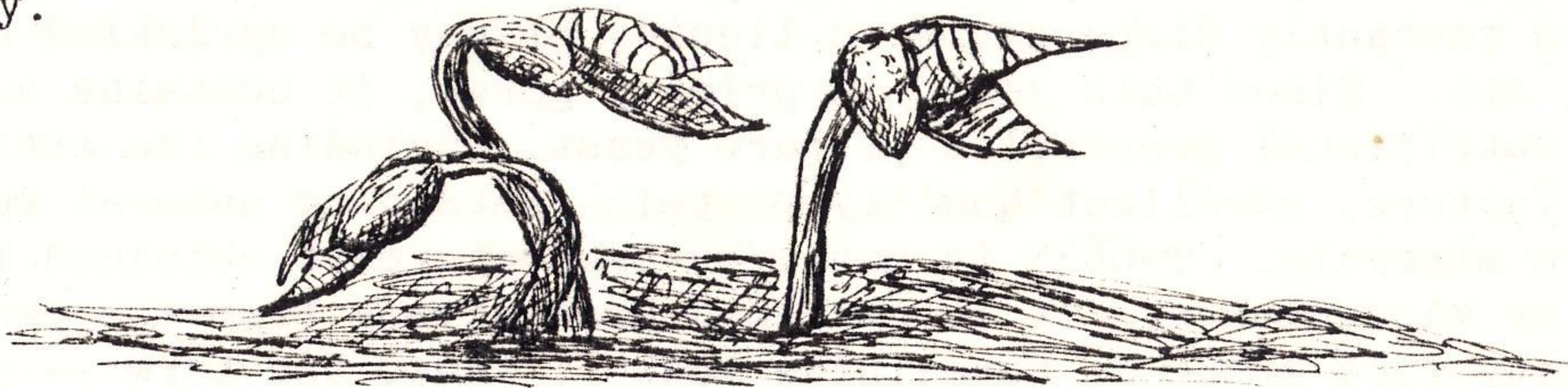
Sixth, when the seedlings have developed their first set of true leaves, it is time to transplant them into individual pots. Peat pots are nice because they can later be put into the ground with the seedling and there is no root disturbance. But, if you're into saving money, use yogurt and cottage cheese containers, old styrofoam or paper cups, milk cartons, etc.

A careful transplanting technique is very important. Use a fork to gently prick the small seedling from the flat, keeping as much soil as possible around the roots. Hold the seedling by its first leaves so that you won't harm the delicate stem. Set the seedling in a small hole made in the soil of the pot and sprinkle soil over the roots. Mist on some water and firm in more soil. Don't water-log the soil because this will eliminate air which is needed for root growth.

Seventh, make sure that your seedlings receive enough light and fertilizer. Seedlings need 12-14 hours of light per day. 14-16 hours is even better. Feed seedlings diluted fish emulsion fertilizer every two weeks. If you make your own bean sprouts, use the soaking and rinsing water on your seedlings -- it is loaded with vitamins and minerals.

In the next issue I will discuss the best way to plant your seedlings in the garden. Save your nonreturnable apple juice bottles and I will diagram a way to use them to help your newly-planted seedlings make it through some cold nights outside.

If you are really into organically raised vegetables, you should grow your own seedlings and avoid the chemical trip from germination through maturity.



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Here's some information about yeast:

Primary Grown Dried Nutritional Yeast

A pure strain of *S. Cerevisiae*, grown in solutions of purified crude molasses under the most rigidly controlled sanitary conditions, resulting in a uniform product of the best possible quality. It is inactive and completely nonfermentable. Its golden color is derived from the natural yellow color of pure riboflavin (Vitamin B₂), and it has a mild, pleasing flavor without any harsh yeasty odor or taste. The uniform flake form of T-6635 is instantly dispersable in liquid, or may be sprinkled on breakfast cereals, etc. Since this yeast is primary grown, it contains all of the natural nutritional properties of pure yeast, including the entire Vitamin B complex factors, excellent quality protein containing natural amino acids, and trace minerals. T-6635 is not a by-product yeast obtained from another process or manufacture. It is obtained exclusively from the production of top quality food grade *S. Cerevisiae* yeast. Thus, the term -- primary grown.

Approximate Analysis

Protein	50.0%
Calcium	0.3%
Phosphorus	2.4%
Potassium	2.6%
Magnesium	0.5%
Sodium	0.4%

Vitamin Potencies per 16 grams (approximately three heaping tablespoons)

Thiamine (B ₁)	9.6 mgs.
Riboflavin (B ₂)	9.6 mgs.
Pyrodoxine Hc. (B ₆)	9.6 mgs.
Vitamin B ₁₂	8 mcgs.
Niacin	56 mgs.
Pantothenic Acid	1.12mgs.
Biotin	20.8 mcgs.
Inositol	72.2 mgs.
Choline	64 mgs.
P.A.B.A.	640 mcgs.
Folic	.13 to .12 mgs.

Debittered Brewer's Dried Yeast

Debittered brewer's yeast is an inactive by-product of brewer's dried yeast, the fermenting powder having been destroyed during drying. It is a source of good quality protein and all the natural vitamin B complex factors inherent in brewer's yeast. It is a light tan nonhygroscopic powder.

Approximate Analysis

Protein	50.8%
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Vitamin Potency (mgs. per 16 grams)

Thiamine	2.3 mgs.
Riboflavin	
Niacin	

And other factors naturally present in a by-product brewer's yeast.

Baking Yeast (Fleischmans, El Molino, etc.)

This yeast reproduces by budding. The reason the bread rises is that CO₂ (carbon dioxide) is released when the yeast grows and divides. The gas is trapped when the dough cooks and creates the texture of the bread. This yeast should only be used for cooking.

Baking powder works on the same principle -- trapped gas. The gas is given off during chemical reactions, not reproduction as in yeast. Heat and liquids trigger the essential reactions.

continued

Some sugar facts:

The amount of sugar eaten by every man, woman, and child in North America has risen from less than 10 pounds in 1822 to 125 pounds a person if you include sugar syrups.

In tea and coffee alone, U.S. residents last year downed 750,000 tons of sugar. Sugar needs these minerals, potassium and magnesium, to be metabolized and if they are not present in foods, they will be taken from other parts of the body.

Herb-of-the-Month

by Ellyn

Raspberry - (Rubus strigosus)

Properties: antiemetic, astringent, mild laxative, tonic

When I think of raspberry tea, I usually think of women, pregnant or not. Raspberry seems to be one of those herbs that is a general tonic for the female system. For pregnant women, it is useful for controlling nausea and vomiting that may be common during the first months of pregnancy. Drinking raspberry tea throughout a pregnancy helps to keep the female organs in tone. At the time of labor, the American Indians drank a warm cup of raspberry tea to reduce labor pains and increase milk flow.

For nonpregnant women, raspberry leaves are also helpful. It helps in menstrual cramps, and decreases the menstrual flow without stopping it. It is very soothing for the uterus. The best time for women to drink herbal teas related to the female system is between 3:00-5:00 PM. In Chinese medicine the female system is related to the bladder meridian, and this is the time of day the organs would be most sensitive to herbs. It helps to try to work with our natural flows and get in tune with our bodies.

In general, raspberry leaves can be used for canker sores, sore throats. It helps in diarrhea, and for stomach complaints in children. The leaves, mixed with Slippery Elm powder, can be made into a poultice and used for cleansing cuts and wounds, burns, and scalds.

Raspberry leaves can be taken either warm or cold. Use one teaspoon of leaves per cup of boiling water, and let steep covered for at least fifteen minutes. Raspberry tea has a mild soothing taste.

EDITORS NOTE: We understand that Winterberry Tea is a mixture of wintergreen and raspberry leaves. Does this have any special effects?

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FRI. - 7:15 A.M. TILL 6:30 P.M.

SAT. - 9:00 A.M. TILL 12:00

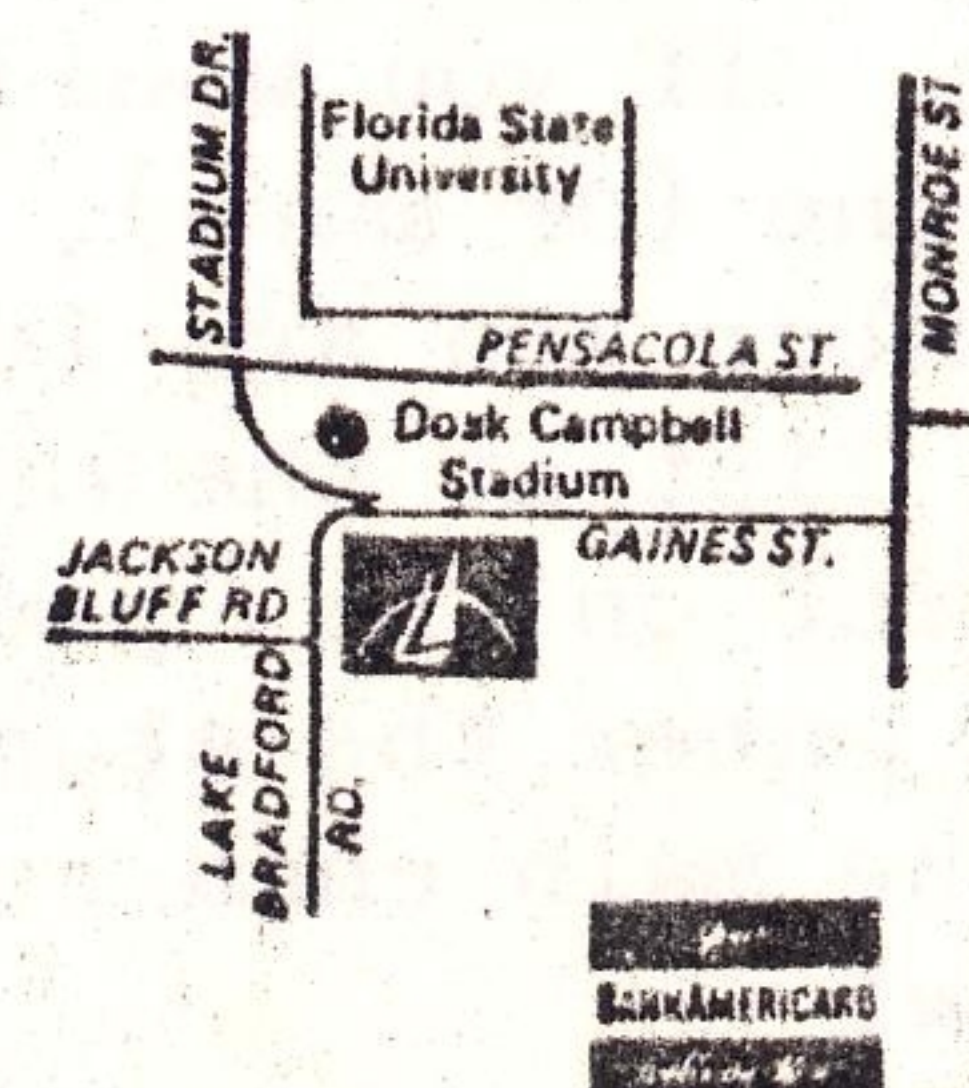
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The FSU Center for Participatory Education is offering two courses which provide invaluable information and experience for those who wish to become more self-sufficient in the area of food production. These courses require no tuition and participants receive no grade. These courses are not classroom lectures. They are active courses -- "get-out and do it" courses. The instructors are excellent. They both seem to find pleasure in sharing what they know with others.

Organic Gardening

This CPE course is taught by Link Jarrett. Participants are allotted a garden space at the old FSU farm near the Geodesic Dome Greenhouse. Each participant maintains his or her own garden organically. The course officially begins Spring Quarter with a discussion of organic methods. Garden space is being allotted now. If you are interested call the CPE office today and pick out your plot because by spring they will all be taken. Link is in the gardening area every Sunday from 2-4 to answer questions and help with problems.

Beekeeping

This course is taught by Richard Tolli, a beekeeper who lives in Wakulla County. A new class begins Spring Quarter. Participants will purchase their own hive and equipment, which will cost approximately \$70. Class hives are kept together at the FSU farm. This fascinating class meets two Sundays a month at 5:00. Richard, who calls the hives "biologically-programed feminist communal societies," is an extremely interesting person with a vast amount of information to share. If you are interested, attend the first meeting Spring Quarter for more details.

EDOTOR'S NOTE: This is a real honey of a class! I will forever be indebted to Richard for the things I have learned about the bee world. It is one of the most incredible societies around. And for those of you who are a little scared: I've been in the class since last March and work with two hives and have only been stung twice!

Cookbook Reprints

The LCFC Cookbook has sold out. Printed in December 1976, it was displayed at the storefront shortly before Christmas. The few remaining ones were sold this month.

We are considering reprinting the Cookbook if there is a demand for it. If you would like to purchase one (or more), please write the number you are interested in on the list at the Co-op. There is a list on the "pamphlet table" as you enter the store, and one near the main cash register. Let us know!

Born to Win - Woodie Guthrie
 The Athletic Revolution
 Consenting Adults
 Seven Arrows
 CO-OP BOOKS/RECORDS
 652 W. Tennessee St.
 10 - a Man - Sat 12-6 Sun.
 The Enemy
 Roger Dean Views
 Our Bodies, Our Selves, new edition
 Sylvia Porter's Moneybook
 Even Cowgirls Get the Blues

The next three articles in this column will be devoted to Food Science. One cannot really separate nutrition from Food Science therefore I hope to concentrate on a few major topics of interest.

The word "cereal" derives from the name of the Roman grain or harvest goddess Ceres (usually shown with ears of barley braided in her hair). The grains from which cereals come are wheat, rice, corn, rye, oats, barley, to name a few. Wild rice is of a limited quantity in the USA and is a prestige cereal, more like barley than ordinary rice. Cereal products made from grain include breakfast foods, rice, flours, and macaroni products.

For human consumption, wheat is the main cereal in the USA and Canada, rice the main cereal in China, Japan, and India, rye the chief cereal in Russia and Central Europe. Corn is used in Mexico, South America and the USA. Not only does the main cereal consumed vary from country to country, but so does the importance of cereals as a whole in the diet. The proportion of total calories which comes from cereals is low in the USA (21%), while in the Far East the proportion is 64%. Of course the reason for these extremes is that the resources (land, climate, \$1, machinery, know-how) for the production of food in relation to the number of people to be fed are high, in the Far East they are low.

Fruit and vegetables do not begin to approximate the calories contained in cereals from the same amount of land and labor. Furthermore, as we are all (?) aware, to produce milk, eggs, and meat, primary agricultural products are fed to animals, which convert them into a more desirable (for whom is the question) form but in the process waste much potential food for human beings. The estimated yield from 10 acres of land devoted to growing cattle is enough beef (in kilograms) to feed one individual for one year. But the 10 acres of land could be used to produce enough wheat to feed 15 people for a year or enough rice to feed 24 people. Yields of both protein and of essential amino acids per acre of cultivated land are several times greater from corn when the seed is used directly as food rather than from animals fed the same amount of corn. Calculated yield of protein from corn is 100 kilograms per acre, and of essential amino acids is 37 kilograms per acre. Were this corn fed to animals, calculated yields of protein in kilograms per acre are 38 kgs. for milk, 36 kgs. for hens, 28 kgs. for eggs, 27 kgs. for hogs, 25 kgs. for chickens, and 11 kgs. for beef (of the 11kgs. for beef, 4 kgs. are essential amino acids.)

Structure and Composition of Cereals

Cereals as a group are 75% carbohydrates, 10% protein, 1-2% fat, 10% moisture, and 1-2% ash. The main carbohydrate in cereal is, of course, starch. A second carbohydrate is cellulose (fiber). Even dry cereals contain a fair amount of moisture.

Cereal grains can be separated into 3 different parts: the bran, the germ (embryo), and the endosperm. The bran consists of the outermost layer of cells of the grain. These cells have thick walls made from cellulose and hemicellulose. The bran gives bulk to the diet, but also contains iron. Water soluble vitamins such as thiamine, niacin, and roboflavin (all the early B's) are in the bran along with some protein. The bran is 5% of the entire grain. The aleurone coat separates the bran from the rest of the grain.

The germ makes up 2-3% of a cereal grain. These cells are rich in unsaturated fat. The germ is removed from most cereals on the market to prevent them from becoming rancid. The germ also contains B vitamins (not B₆ or B₁₂) protein and iron.

The endosperm is the major portion of the grain which is packed full of starch cells which are embedded in a matrix of protein.

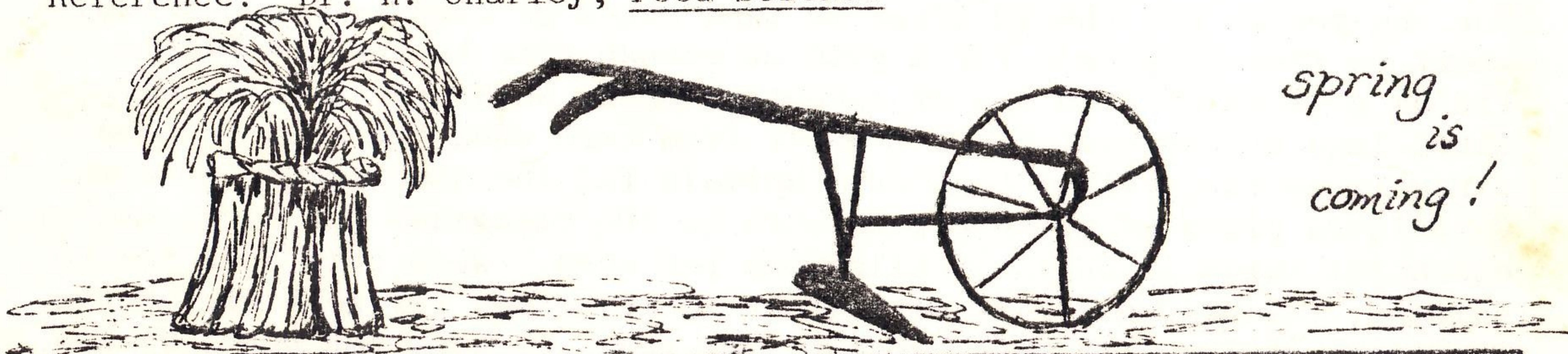
Milling

Milling involves subdividing the grain. As an example, the entire wheat kernel may be divided into coarse cracked wheat, fine granular wheat (wheatena), and even finer whole wheat flour. From corn the endosperm is marketed whole as hominy, cracked as grits, and ground as corn meal. From rice, the bran is removed by abrasion which yields white or polished rice. This is true with barley, also (pearl barley.)



To separate the bran and germ from the endosperm of wheat is observing the perfect cereal become your typical supermarket denatured breakfast cereal. Here's how: the kernels are passed between rollers operating at high speed. Heat from the rollers causes the fat in the germ to melt and the germ and bran come off as flakes. These are separated from the endosperm by a combination of sifting plus air currents to remove pieces of the lighter bran. Then the endosperm is passed between rollers set closer and closer together, each one further subdividing the endosperm. After each passage through the rollers, the material is sifted. Pieces of endosperm which resist cracking are used either directly as breakfast cereal such as farina, or to make breakfast cereals. When the bran and germ are removed along with them go a high proportion of the nutrients, except starch and protein -- these cereals with the bran and germ removed are "refined cereals."


One bright side, today plant geneticists are developing cereal plants which synthesize protein which contains from 50% to 100% more essential amino acids (the certain ones which the cereals are normally deficient) than does the cereals commonly grown. This is especially true with corn (lysine deficient). So Ceres, there may be a Santa Claus after all.

Reference: Dr. H. Charley, Food Science



*Spring
is
coming!*

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