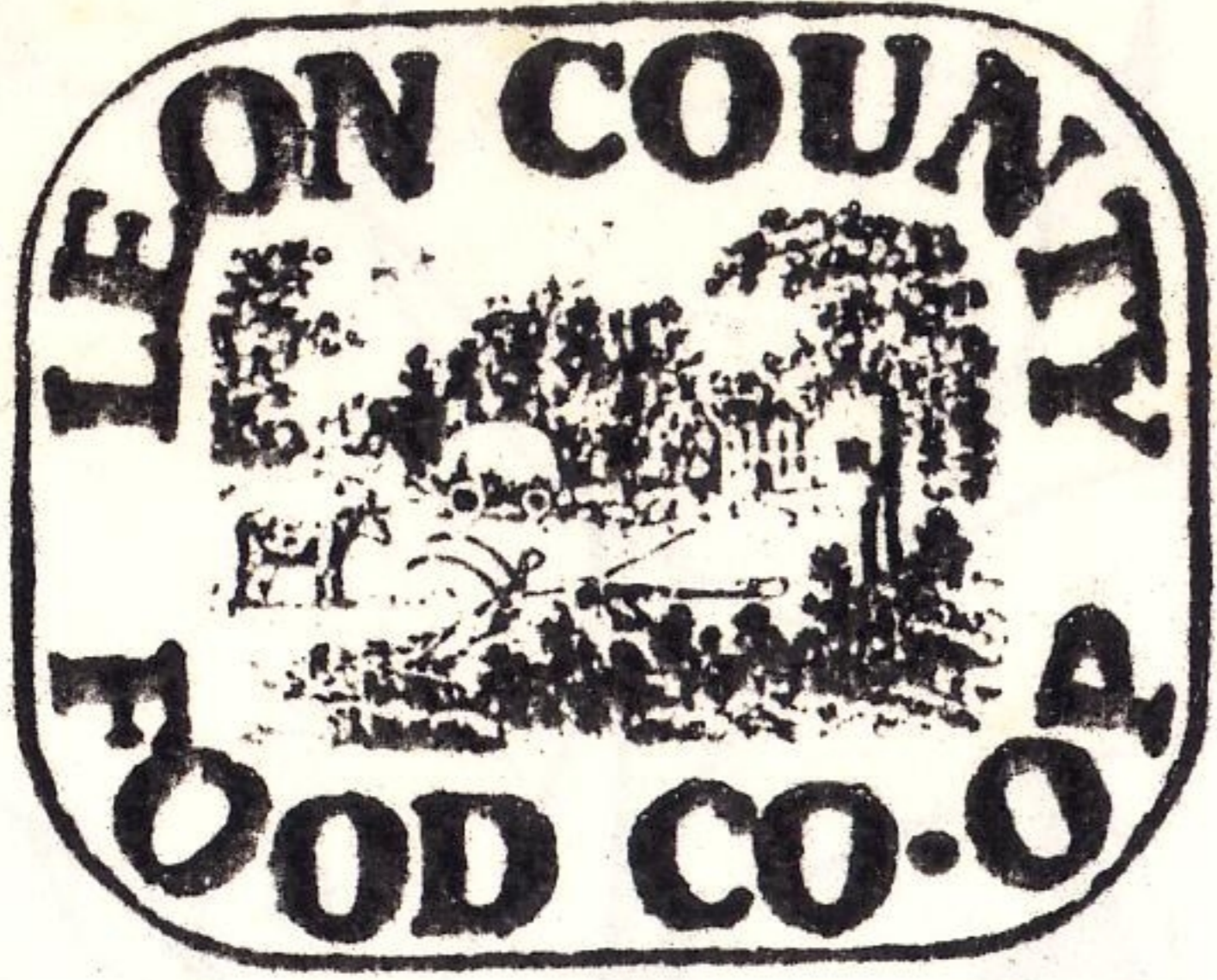


LEON COUNTY FOOD CO-OP

NEWSLETTER



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



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Membership Rolls

We are having to straighten out some problems with the membership rolls. Will you please contact John, Patricia, or Dynee --

? Garzanti
Sallie Winter
C.A. Gridle
Karen Gaiter
Steve Michael
Sam MacMillan
Patty Draper
Kathleen Pautke
Cathy Shannon
Lynn Bozanty
Raway Cotlin

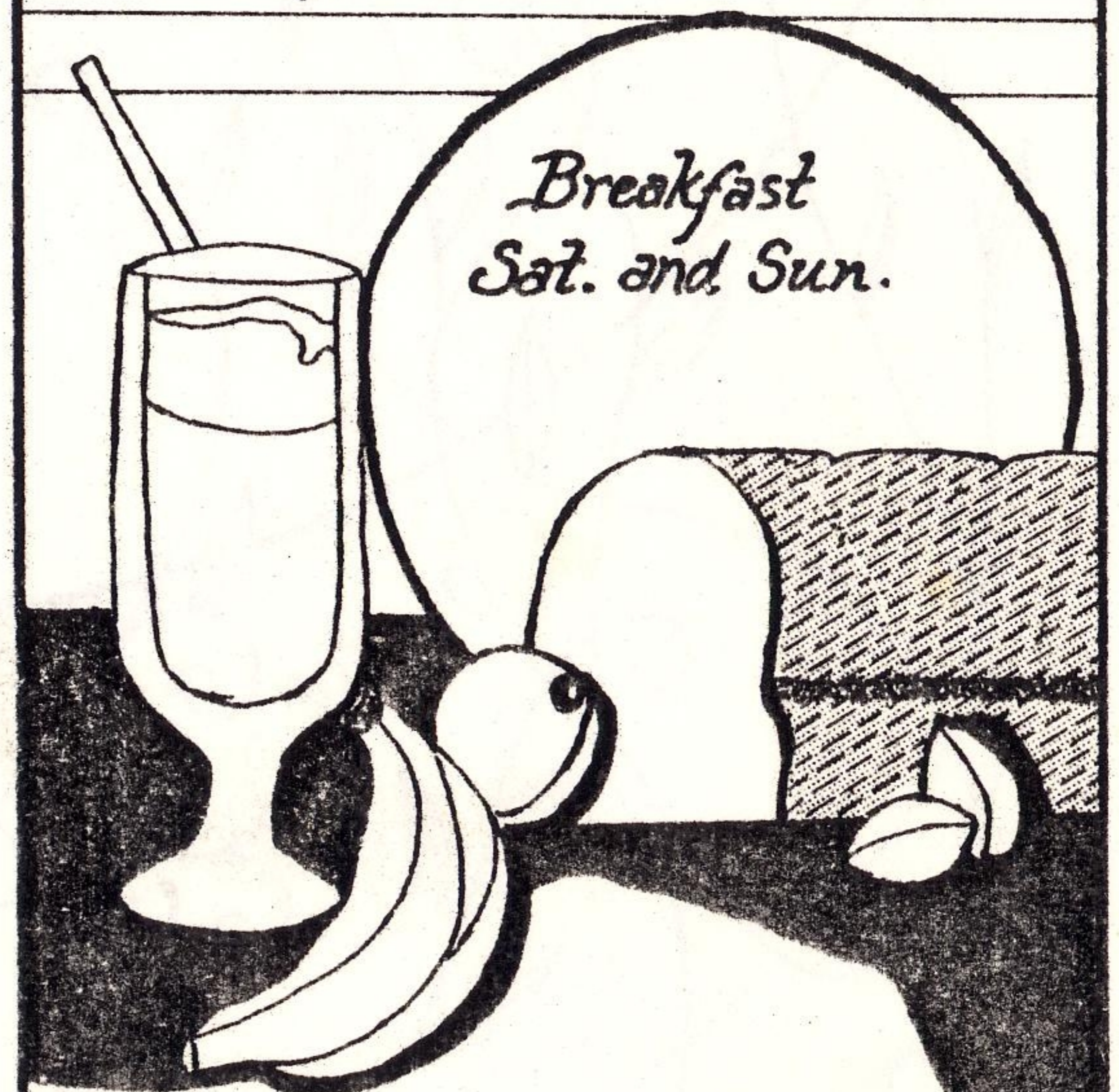
Vie de France
Bread &
Croissants
in the freezer
at LCFC

Volunteers: To Learn and Teach
by Nancy Kenney

The Alternative Learning Center, a public middle and high school, in Tallahassee, is beginning another six weeks minicourse session on March 14. Classes at the center involve students' own projects in the community and at the school. Some projects are in need of volunteers to transport students to Ruediger to tutor, and to Sunland, and to convalescence homes to help people. The center needs volunteers to help and to lead classes. We're planning an end-of-the-year intensive, and need community input!

If you'd like to come by the school to check it out, talk to a few students and our volunteer coordinator, Nancy Kenney, please call 488-2468 to set up a visiting time. We're open from 8-3 M-F.

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Co-op News and Services

by Pat Handschy

CO-OP DATES:

- Twice a month--Board of Directors meetings
- Every Tuesday--Coordinators meetings
- 4-6 weeks--Assistant Coordinators meetings
- Third Sunday of every month--General Membership meetings (Covered Dish Dinner)

Notices of Dates, Times and Places for above are posted on Co-op windows.

CO-OP SERVICES:

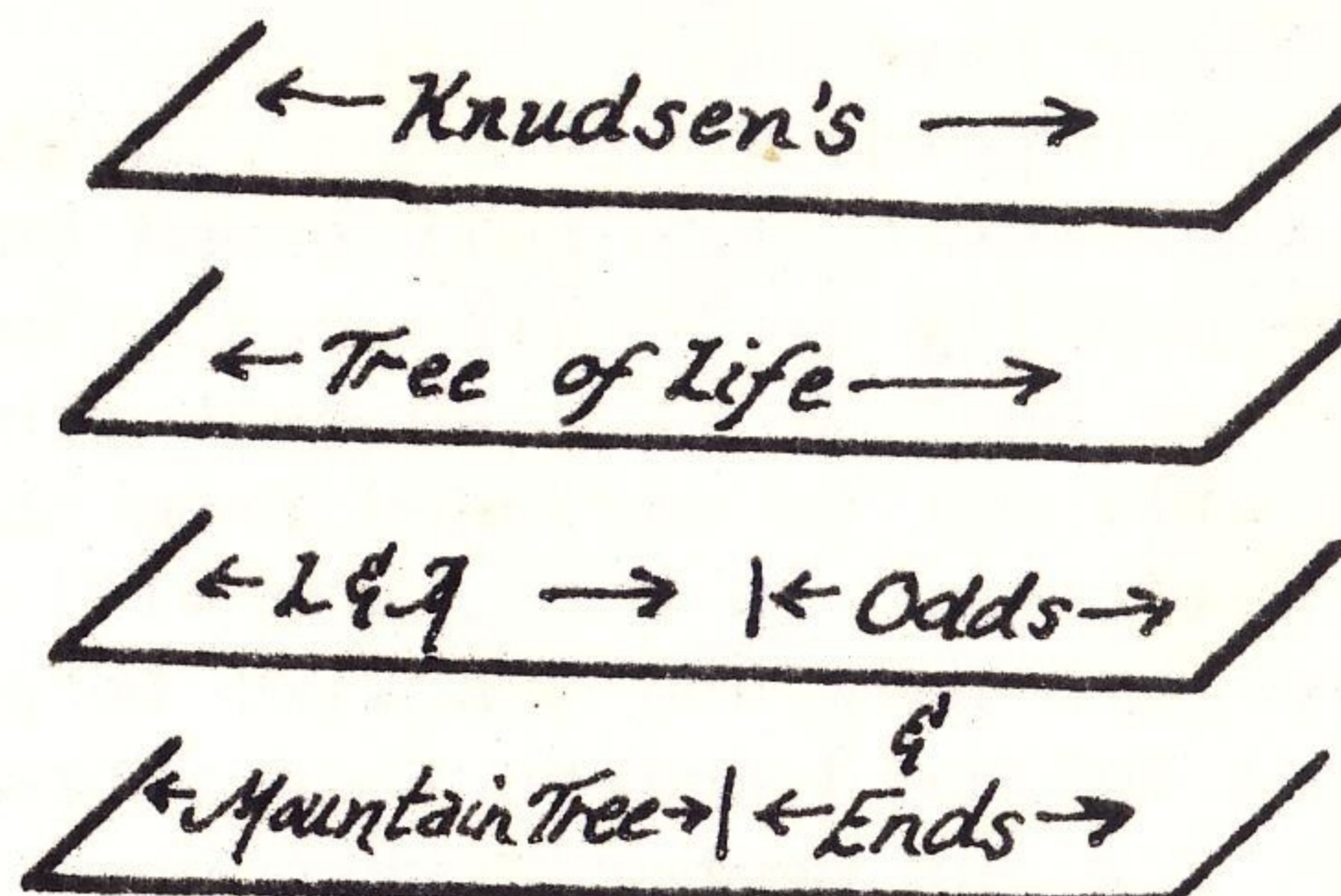
- Notary Public Service
 - Saturday 10-12
 - Tuesday 10-12
 - Wednesday 5-7 (just the 1st & 3rd now)
- Child care while you shop
 - Wednesday 5-7

There are several groups in Tallahassee and outside Tallahassee who are interested in starting co-ops. They need help and advice. Anyone who would like to help LCFC help them start new co-ops, please let us know. It's exciting work and you don't need special knowledge, just a willingness to learn and share.

Swap Shop--feel free to give and take in Co-op's Swap Shop. (It's the room by the Bulletin Board.) Please keep things neat.

Wheat Bran, Wheat Germ, Debit-tered Yeast, Nutritional (Primary) Yeast and Soy Flour are all found on the bottom shelf of the egg case.

Please be aware, if you shelve juice, it should go like this:

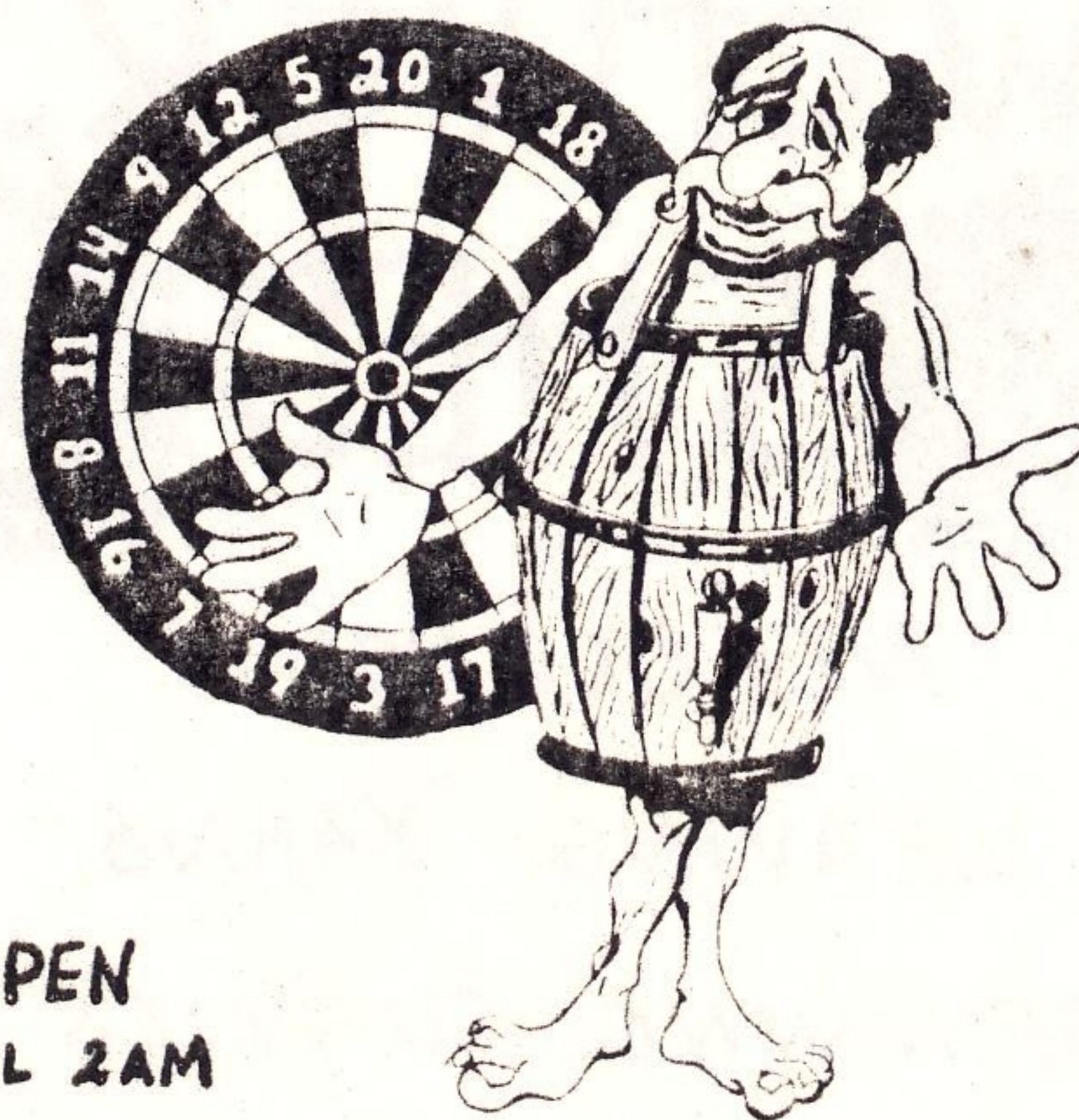


We now have a large selection of cheeses made without animal products (i.e. rennett). They come from ICC, a cooperatively-run cheese distributor.

The April General Membership meeting is very important because four Board seats are up for election. This represents 40% of the voting power. If you would like to run or are interested in voting, please come. Remember April 17th.

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Lately it's come to my attention that we are getting ripped off at LCFC. People are stealing goods from us. Sometimes it is done by nonmembers and sometimes by members. Sometimes the Co-op loses and occasionally individual members lose. Of course, whether I get ripped off as an individual or my co-op gets ripped off we all lose.

Now, we all know that this ripping off process is nothing new. But, new or not, it is serious. Our Co-op is not a profit-making business. Therefore we do not price items to take into account loss by theft. Let's hope we never have to.

What happens to persons caught stealing? Like any other establishment we must notify the police and have the person arrested for shoplifting. I personally don't like reporting to have persons arrested, but I feel that we must do it. We must protect ourselves. As a member of our Co-op, you will not be excluded from the incarceration process if you are caught shoplifting. In fact, you will get a bonus. We will ask for your membership card back and you will be given directions as to how to find all the local Publix'd health food stores. They will welcome you.

As for our members, what should you do to protect yourself and your Co-op? If you see something irregular, notify a coordinator right away. If none are available, get an assistant coordinator. Do something -- yell, scream! Don't wait until you get home to get the courage to call the coordinator.

If you, as a member, shop and leave food by the register, be careful. Some people have left food only to have it ripped off. Not everyone is honest. Get a receipt for your food and keep it so if someone thinks you haven't paid, you can show that you have.

In general, be careful and keep your eyes open. If we continue to get ripped off, there will probably be two alternatives, the least of which is increased prices. Please remember, it is your Co-op. Help make it better.

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Herb-of-the-Month

by Ellyn

Comfrey (Symphyton officinale)

Properties: astrigent, demulcent, expectorant, vulnerary, nutritive

Comfrey seems to be one of those herbs that should be classified as a "household herb," because of its diversity of uses. It can be used as a mouthwash or gargle for throat inflammations, hoarseness and bleeding gums. It is good in digestive difficulties, and for sore or irritated kidney, stomach and bowels. It's a good remedy for bloody urine.

Comfrey is a fine herb to use after childbirth to prevent or control internal hemorrhage, stop excessive flow, and help revitalize the tissues. It can be used as a poultice for minor tears or to help heal episiotomys.

Externally, comfrey leaves used as a poultice or fomentation are extremely helpful in sprains, swellings, bruises and fractures. This is attributed mainly to the allantoin it contains. Allantoin has a powerful action in strengthening epithelial formations. It's also good for ruptures, sore breasts, fresh wounds, ulcers, burns, and sores.

A tea taken internally is useful for anemia, diarrhea, leucorrhea and female debility.

The constituents of comfrey are allantoin, mucilage, tannin, starch, nicotinic acid, pantothenic acid, carotene, calcium, phosphorus, prokin, iron, and Vitamin B₁, B₂, B₁₂, A, C, and E. (Whew!)

Comfrey thrives in almost any soil or situation, but does best under the shade of trees. It is very difficult to eradicate it once it has established itself; a new plant arises from any severed portion of the root.

References: Back to Eden - Kloss
The Herb Book - John Lust
A Modern Herbal - Mrs. M. Brieve

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MILK

We all are familiar with milk and we all know the benefits of milk (protein, calcium, B vitamins, even ascorbic acid). But there are numerous products made from milk which we could utilize to vary our diets.

The minimum fat content of whole milk is set by law in each state and varies from 3.0 to 3.8 percent (Florida is 3.25%). Certain breeds (Jersey and Guernsey) secrete milk with a fat content near 5%.

TYPES OF MILK AND MILK PRODUCTS

Very little milk is marketed raw because milk can be a carrier of microorganisms from individuals (the handlers, not the cows) suffering from typhoid, scarlet fever, diphtheria, septic sore throat, and tuberculosis. Cows, too, are susceptible to tuberculosis, and can even cause undulant fever in humans (a chronic and debilitating disease characterized by intermittent fever). So, most milk is "pasteurized," a mild heat treatment which eliminates pathenogenic bacteria. The amount of heat required is 62 degrees C (145 degrees F) for 30 minutes or heated to 72 degrees (161 degrees F), and held for 15 seconds. Some nonpathogenic bacteria remains after heating. So, for this reason, milk is cooled immediately after pasteurization to 10 degrees C (50 degrees F) to prevent rapid growth of the bacteria which remain.

Milk is graded on the basis of bacterial count. Grade A milk must have a low bacterial count (20,000 per milliliter). Most fluid milk on the market is Grade A. Refrigeration keeps the milk bacterial count low.

HOMOGENIZED MILK

To eliminate creaming, milk is homogenized. After milk is pasteurized, it is forced, under pressure, through fine orifices which reduces the fat globules. The pressure influences the size of the globules. Homogenized milk is easier to digest (i.e. smaller fat globules, greater surface area). Homogenized milk is whiter, more opaque, more viscous than unhomogenized milk, with the same fat content. The richer the taste, the greater viscosity.

SKIM MILK

This occurs when the fat content of whole milk is reduced below the minimum set by law.

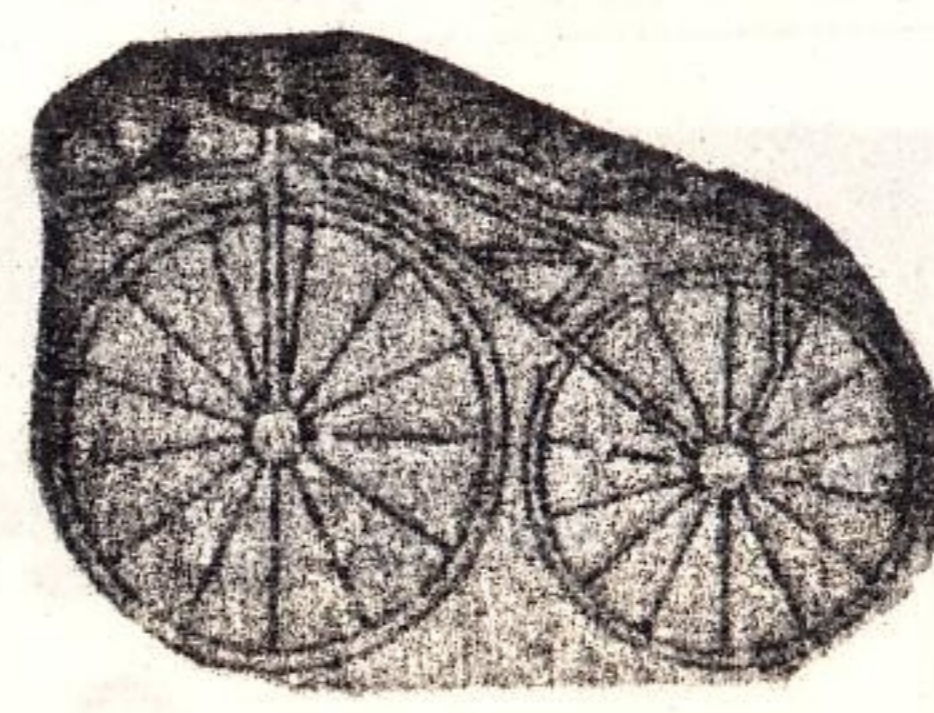
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EVAPORATED MILK

This is prepared from whole milk by preheating it to facilitate evaporation of moisture and then removing 60% of the water under a vacuum. The resultant concentrate is then homogenized, sealed in a can, and sterilized. The brown color of evaporated milk is due to a reaction between the protein and the lactose of the milk brought about by heat. Vitamin D is added to evaporated milk.

CONDENSED MILK

The market form of milk called "condensed" is made from whole milk by removing half the water. Sugar is added (44%, approximately) to preserve the milk, which is then canned. The milk is not sterilized because of the high amount of sugar.

BUTTERMILK

This is the fluid left when cream or milk is churned and the fat is removed. The milk may be sweet or sour. The Co-op sells cultured buttermilk which has basically the same lactobacillus as yogurt and is half the cost of yogurt. One thought: When eating cereal with yogurt/milk add buttermilk. Buttermilk contains phospholipids and protein from the fat globule membranes. Yes, it is an excellent substitute for yogurt or milk.

SOUR MILK

This is cultured buttermilk which is made by adding to pasteurized skim milk a culture of bacteria which produces lactic acid from the lactose (milk sugar) of the milk. One step further is to add a different culture, lactobacillus Bulgaricus, of acid-producing microorganisms to convert milk to yogurt.

In America, we are just becoming aware of the use of lactic acid milk products, such as yogurt, buttermilk, acidophilous milk and kefir. In Scandinavia, buttermilk is more common on children's cereals than milk. It is known as filmölk. In Russia, kefir is the least expensive and most common form of buttermilk (so why does it cost so much here?). Bulgaria is where the lactobacillus Bulgaricus was first discovered (we know it as yogurt).

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FEMINIST WOMEN'S HEALTH CENTER

Peanut butter has only 40% usable protein. Get the most out of peanut butter by combining with other foods such as sunflowers seeds, cheese, soyflour, sesame seeds, and nonfat powdered milk. Here is a simple recipe for Tree of Life peanut butter.

- 2 cups soyflour
- 1 cup sesame seeds
- 1 large jar of peanut butter

Over low heat in a heavy frypan combine soyflour and sesame seeds. Stir often and heat until golden brown. Add jar of peanut butter and mix well. Return to jar.

When using Deaf Smith peanut butter only 1 cup of soyflour is used. Oil or honey may be added for smoothness.

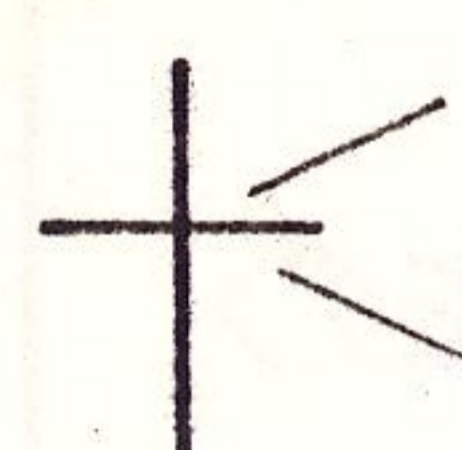
The composition of an edible portion of nuts:

Nut	Protein	Fats	Carbohydrates	Ash
Almonds	21.0	54.9	17.3	2.0
Brazil	17.0	66.8	7.0	3.9
Coconut	5.7	50.6	27.9	1.7
Coconut (shredded)	6.3	57.3	31.6	1.3
Filberts	15.6	65.3	13.0	2.4
Raw Peanuts	25.8	38.6	24.4	2.0
Pecans	11.0	71.2	13.3	1.5
Pistachios	22.6	54.5	15.6	3.1
English Walnuts	16.7	64.4	14.8	1.3

Nuts also contain large amounts of iron and lime. Nuts should be used as a staple of the diet. Be sure to chew well or run through blender to get the full value.

Milk Analysis:

Milk	Water	Ash	Protein	Fat	Carbohydrates
Human	89.95	0.25	1.30	2.50	6.00
Cow	87.30	0.80	3.20	3.50	5.20
Goat	87.00	0.50	4.00	4.50	4.00
Soybean	87.03	0.52	2.40	3.15	6.90
Nut	87.00	2.03	5.60	5.50	7.23



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3 cups pastry flour = 1 pound
 3 3/4 cups wholewheat flour = 1 pound
 3 cups cornmeal = 1 pound
 4 3/4 cups rolled oats - 1 pound

Corn Crackers:

1 cup cornmeal	3 T. salad oil
1/2 cup wholewheat flour	2 1/2 T. dry milk
1/2 cup water	Molasses to taste
	Dash salt

Combine above ingredients, knead until worked together. Make into 1" balls, then work out to rounds about 4". Place on cookie sheet with turner. Bake in a 250 degree oven 20-25 minutes or until golden brown.

Oatmeal Crackers:

1 cup cornmeal	1 cup wholewheat flour	Dash salt
1 cup oatmeal	1 cup bran	

Combine above ingredients; add enough water to make workable. Make 1" balls, then work out to 4" disk. Place on cookie sheet with turner. Bake in 250 degree oven for 30-35 minutes. Molasses or honey may be added to suit taste. This is a nice light cracker. Buckwheat flour adds a nice taste.

Stuff You Can't Use

by Pat Handschy

YECK! usually known as stuff you can use in this case stuff you shouldn't use:

Boiling water in aluminum produces phosphate poison.

Boiling meat in aluminum produces chloride poison.

Boiling an egg in aluminum produces phosphate poison.

Frying bacon in aluminum produces a powerful narcotic acid, which in large doses causes coma, excessive doses causes death.


All vegetables cooked in aluminum produces hydro-oxide poison, which neutralizes the digestive juices.

---courtesy of "Well-Being"

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As the Worm Turns
Organic Gardening Ideas

by Debi Powers

I'm sure that all of you gardeners out there have Spring Fever by now! This is the month to till and plant and make sure that your soil contains all the important nutrients to support healthy, productive crops. In this article, I will share some of my sources with you. Let me know if you have others.

First of all, tilling or plowing is important for your garden. Not only does it make the soil easier for you to work with, but it also makes it easier for tiny roots to develop and it adds air to the soil which aids in root development. Several places in town rent tillers by the hour. There are also people who will till your garden for you. The Super Tiller Service is an excellent example. Richard will till about 1,000 square feet for \$15.00 and also analyze your soil for pH, nitrogen, potash, and phosphorus. Call 1-926-3388 for an appointment.

Second, your soil must have adequate levels of nitrogen, potash, and phosphorus. Organic fertilizers will supply these nutrients without interfering with the bio-activity in the soil. Chemical fertilizers, while providing adequate nutrients for plant development, are detrimental to "living soil" because they establish a harsh environment for earth-worms and micro-organisms which are constantly at work in healthy soil. Humus (organic matter) in the soil is very important to the structure of the soil. Soil that is rich in humus is easy to work with, has few drainage and erosion problems, and is alive with micro-organisms and earth-worms.

Organic fertilizers are relatively easy to obtain. The compost pile is the backbone of an organic garden. Florida gardeners can keep an active compost pile going all year long. The fertilizing value of compost will depend on what you put into the pile. Since I wrote an article on compost piles last spring, I will refrain from repeating myself.

HERSTORE

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Other sources of organic nutrients:

NITROGEN

Manure is one of the best sources of nitrogen. It is available free or very cheap. Many farmers are happy to give you all you want but be sure to ask permission before trespassing. The following places will sell manure: Horse Manure (in town) \$1.00 carload; \$3.00 truckload -- call 385-2834.

Chicken Manure (already very composted) \$6.00 small truckload; \$10 large truckload -- Concord Egg Farm (1 block east of Concord Crossroads on State Road 12, east of Havana)

Sewage Sludge is available free from the Sewage Treatment Plant on Springhill Road. It is very safe to use, doesn't smell too bad, and is very high in nitrogen.

POTASH

Seaweed from the ocean.

Wood Ashes from a wood stove or fireplace.

Greensand and Granite Dust are hard to find this year. I usually trade with Gramlings, but they say that they are having trouble locating sources for "ya'll organic people" (as they call us). No one else in town has it either.

PHOSPHORUS

Phosphate Rock is real good. I usually put it down in the fall so that it will have plenty of time to break-down and release it's nutrients. If you are adding it now, be sure to add it with a lot of manure and till it into the soil. This will speed-up its decomposition.

Bonemeal is also a good source of phosphorus, although it is quite expensive. I use it primarily in each hole where tomatoes and peppers are planted.

Limestone. Be sure to use dolomite limestone. This is very important because the soil in this area of the country tends to be very acid.

Well, now that the garden is tilled and fertilized, it is time to plant. Gramlings has the best deal on seeds (that I have found). They buy in bulk and use small envelopes to package the seeds, which usually sell for 25¢ a package. They also have peas, beans, and corn in bulk and will weigh up whatever amount you want.

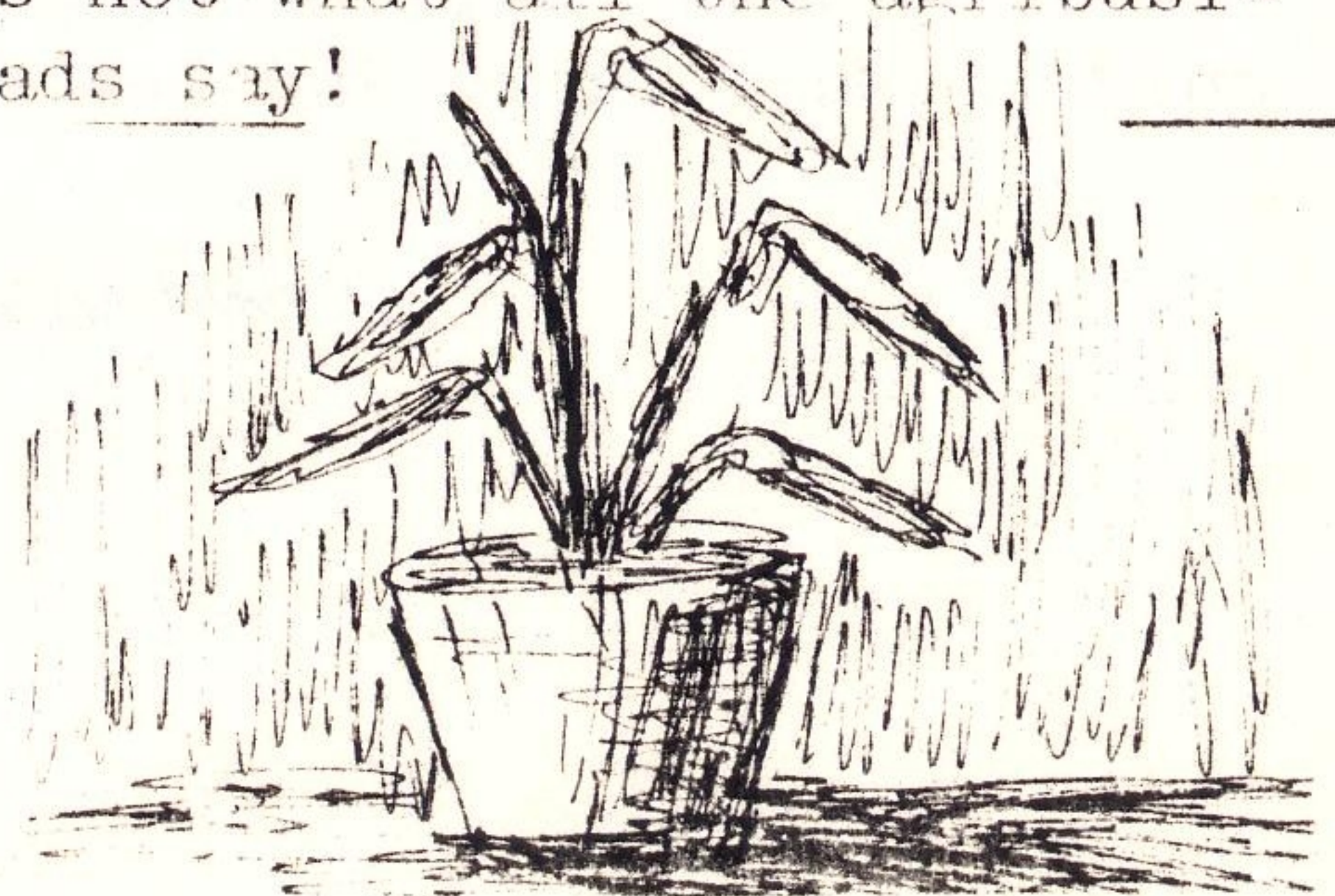
This is a good month to plant, so get to work!

Organic News

The Royal Swedish Academy of Sciences warns that the continued massive use of nitrogen fertilizers -- which cause the release of nitrous oxide from the soil -- may lead to a depletion of the ozone layer and an increase in skin cancers.

The U.S. Army has petitioned the Department of Defense for permission to bombard 119,580 acres of central California with sodium fluoroacetate (1080)-- one of the most deadly chemicals known to man -- in an attempt to reduce the ground squirrel population.

Washington University's Center for the Biology of Natural Systems reports that organic farmers consume only 40% as much energy as "conventional" farmers when producing a dollar's worth of food. Furthermore, on an acre-for-acre basis, the organic farmers net just about exactly as much (\$134/acre) as their conventional counterparts (\$132/acre). That's not what all the agribusiness ads say!



Mead is a beverage made from fermenting honey and water. In the winter, with its lack of fruit, making mead is an excellent way to keep your equipment in use. To start with, mix honey and water (warm) together in any quantity you want. One gallon is a nice way to start. If you have a hydrometer, balance the honey and water 25 or 26 degrees brix (balling). If you don't have a wine hydrometer, mix about 4 lbs. of honey to one or 1 and one-half gallons of water. Some winemakers add one or two camden (sodium bisulfite) tablets to avoid spoilage. If you keep all your equipment and your hands clean, the natural antibacterial quality of the honey should do the trick without the camden. Since honey is a little low in acid, squeeze in the juice from one-half of a lime for each gallon of mead. This will help provide a cozy home for the wine yeast. If you wish, you can add a handful or two of raisins and any spices (such as stick cinnamon, etc.). If you keep the spices in a cheesecloth bag, they will be easier to remove later.

When you have your stuff all mixed up (this is called 'must') and in a suitable container (I use a clean 10 gallon plastic garbage can bought and used for this purpose only), let it cool to room temperature. Then add some wine yeast. The little foil packets sold at the Food Co-op will work for 1 to 5 gallons of wine. They cost less than a dime each, and are well worth the investment. Do not try to save part of the yeast for the next batch. Use the entire foil packet. Tie a plastic cover over the garbage can or whatever wide mouth glass or plastic container you are using (stainless steel works too!). Let it sit quietly in a cool place for two weeks or until the violent signs of fermentation have ceased.

When this first (or primary) fermentation stage is complete, siphon (using a plastic or rubber tube or hose) into a clean glass jug. I use one-gallon apple juice jugs for small batches and five-gallon bottles for larger batches. Put a one-hole cork in the top of the jug, and pop a fermentation lock (sold at the Co-op) into that. A fermentation lock is a device that allows the gas given off from the fermenting wine to escape, but keeps room air out of the wine. This keeps your new wine from turning to vinegar and keeps your bottles from exploding. Never put a screw cap or other seal on a bottle of new wine until several months have passed without signs of fermentation (no more bubbles in the fermentation lock). A tightly closed bottle is an invitation for exploding glass!! A small toy balloon will work almost as well as a fermentation lock, but fermentation locks are so cheap, that the increased hassle of a balloon is not worth it for me. Fermentation locks are plastic or glass and cost less than 50¢. The plastic ones are less likely to break and usually cost less than the glass locks. I have both but feel safer pushing a plastic one into a cork.

Let your new wine rest in a cool place for several months. Every month or so, siphon into another container leaving all the dead yeast cells and so on in the old jug. This is called racking and if you are patient enough, will result in a wine that is crystal clear. From the time that you place the wine in the gallon jugs (secondary fermenters) until it is ready to drink will be about six to eight months. Let your taste be the guide. Good luck, and let me know how it turns out.

... continued next issue...