

LEON COUNTY FOOD CO-OP

Issue

# NEWSLETTER

# 11

free

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

## Co-op Membership Rescinds Longer Work Hour Policy

In March, the Board of Directors (BOD) proposed to the General Membership a change in the work hours for Assistant Coordinators (A.C.'s) from 2 hours per week to 3 hours per week. The purpose of this proposal was: (1) to decrease the number of people on wholesale and, hence, provide more revenue for the Co-op and (2) to get a smaller, more manageable number of A.C.'s which would result in more efficient work. The need to do these things was prompted by the Co-op's inventory and financial statement that continues to show monthly losses. Many new policies have been instigated to help the financial status of the Co-op, but it was felt that the proposal to lengthen A.C. work time should be discussed at a General Membership Meeting.

Co-op members who attended the March General Membership Meeting thought that an increase in A.C. hours was unfair. The approximately 30 members who attended the meeting debated the issue and finally passed by a vote 16 to 12, a policy which would raise everyone's work hours. According to this policy, members would work 3 hours a month for 15% markup, 6 hours a month for 10% markup, and A.C.'s would work 12 hours a month for a 0% markup.

Needless to say, this new policy caused quite an uproar among Co-op members. The BOD and the Coordinators decided not to implement the policy immediately but to wait until the April General Membership Meeting when more discussion could take place.

The approximately 70 members who attended the April General Membership Meeting on April 17, unanimously rescinded the proposal to raise any work hours.

The membership also elected Susan Smith and Larry Teich as new BOD members and Rob Dunn and Debi Powers were re-elected.

**Happy Birthday LCFE!!**

Come celebrate **3** with us at our  
Benefit at Tommy's May Day



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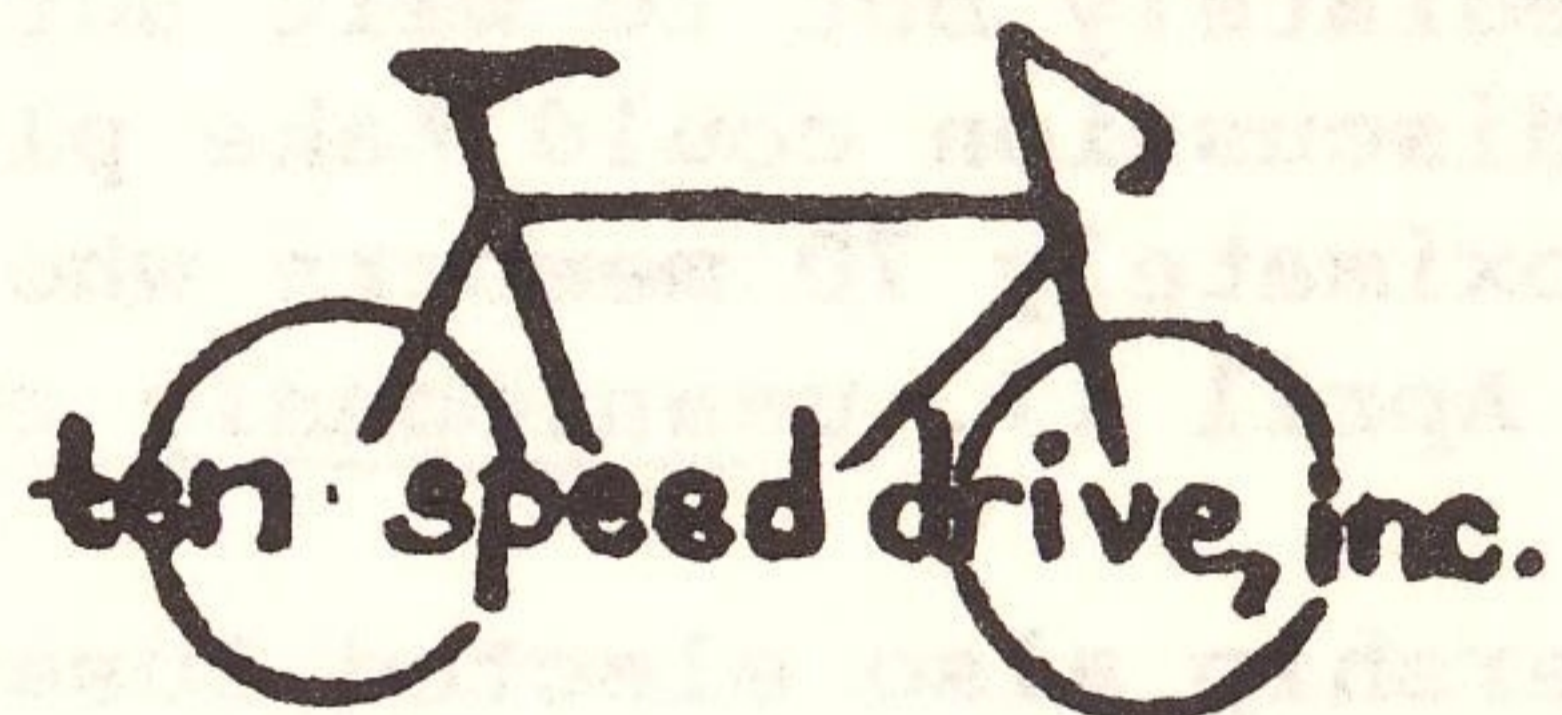
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Sevenanda

by Tana

Sevenanda is the food co-op in Atlanta. You've probably heard about it as the only co-op in the Southeast that is larger and more successful than LCFC. We seem to harbour a myth about it here.

Most of what I'd heard about Sevenanda was slightly off. It stands in a funky old neighborhood out away from the spaceage skyscrapers, in a community near Decatur. I have just come from its storefront, through a gloomy afternoon, to this warm house. I am a visitor and this area is unfamiliar. But I am still bathed in Sevenanda's glowing vibrancy.

It is not larger than LCFC. It is smaller, more like our Macomb Street storefront. But it is organized and clean and seems to work efficiently.

I entered and stood and watched the shoppers. It was quiet and busy. To my right, the herb section stood, with square glass jars that listed herbs in alphabetical order. Then came honey, oils, produce, nuts, etc., all familiar products. Except the breads--they were baked at Dave's local bakery.

The produce manager, a young blond man named Martin, chatted with me for a long little while. His energy was steady and gentle, his produce an art exhibit of greenness and freshness and crispness. He said they were arranging for a refrigerator truck so they could haul more locally-grown produce.

Martin also said that they, Sevenanda, had decided to market only items along the "natural food" line. They don't offer supermarket items, which are virtually absent.

Cashier lines are slow, as they are at LCFC. There are two registers, and sometimes more than two complaints. But the cashiers share a Hobart digital superscale which determines the prices of produce and bulk items instantly. Martin remarked that the scale has saved them infinite hassle by simplifying the charging of the correct amount.


I was most embraced by the quiet rhythm of the store. People seemed to know just what to do. It is in this regard that the myth of Sevenanda goes on. I did not sense the exuberance of LCFC here, with the vital dance we do with each other. Rather, it is ethereal and detached, a spiritually-greased machine that travels silently through the present. My imagination? I'm not sure. It is a dreamy, slow Sunday in Atlanta and I have just chatted with a manager who emitted good feelings about the area and Sevenanda and himself, and I come away impressed.

This article is the first in what I hope will become a regular feature in the Newsletter devoted to that odious, repulsive, seedy subject called "politics." I don't want to be a bringdown but I think it's important to acknowledge, and I hope you'll agree, that there's a good deal of not-so-nice stuff happening all over the place that is keeping many of our sisters and brothers from getting it on the way we are all entitled to. Like it or not, our very own government, America (you know, the land of the free, etc.) is wrapped up in activities on every continent that deliberately and systematically obstruct the down-home folks of the world on their respective paths towards liberation and self-determination.

Admittedly, this is not as pleasant a subject as, say, the myriad wonderful ways to disguise a soybean; nevertheless, it is just as important.

As a co-op, we have chosen to remove ourselves from the mother-economy that would like to gobble up our measly old dollars as fast as we can earn 'em. Right on! Would you believe that there is actually a mentality prevalent among the upper echelons of the economic structure that money is worth more than human life? Ask a coal miner what his company gives him in return for his lungs. And that's how we care for our own. It really gets heavy when you start talking about the value of an African, Asian, or South American life. You think chamomille is cheap. Ask IBM how much they value the life of a South African worker. It's a rude awakening to discover that our own government (of the people, by the people--that's us) is involved in hideous exploitation anywhere there's a profit to be made. The President is concerned about human rights. It depends which human you're talking about.

When enough people get outraged about the nasty numbers being perpetrated on peaceful, good people by such biggies as GM, Coke, GE, etc.; when enough Americans 'fess up to their tacit complicity in a whole slew of anti-life atrocities, then there may be hope for an end to the madness. It's not enough not to drink Coke or not to buy a new Chevy. It's our responsibility to stop the monster that we've created. The first step is acknowledgement--realizing that there is, in fact, a problem. Somebody said, "If you're not a part of the solution, you're part of the problem." That's the next step.

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issue

Please excuse the harshness of these words. Like I said before, this is not the most pleasant topic in the world. That's no reason to look the other way. There are countless struggles taking place this very moment that are deserving of our support and solidarity---struggles of people against profit. We owe it to ourselves and to the planet to be aware of these movements and to do what we can to advance them. They are all ultimately part of one movement, the same movement this Co-op is a part of. I hope to devote this space in the Newsletter to these vital movements.

### Freddy Kaye's Delicious Yogurt Delight

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### 3rd Anniversary

Editorial -- Energy Conservation: The 50,000 Things by Robert G. Brunger

Energy problems first came to public consciousness in the early 1970's when shortfalls of supply ran head-on into ever-increasing demand. In particular, a vicious cycle was begun in which the oil companies produce gasoline instead of fuel oil because the profit margin was greater. The result was a shortage of heating oil. Under pressure from government to produce heating oil, there was then a shortage of gasoline. Independent petroleum dealers were squeezed out of business in the process, an arrangement which was amenable to the vertically integrated oil companies.

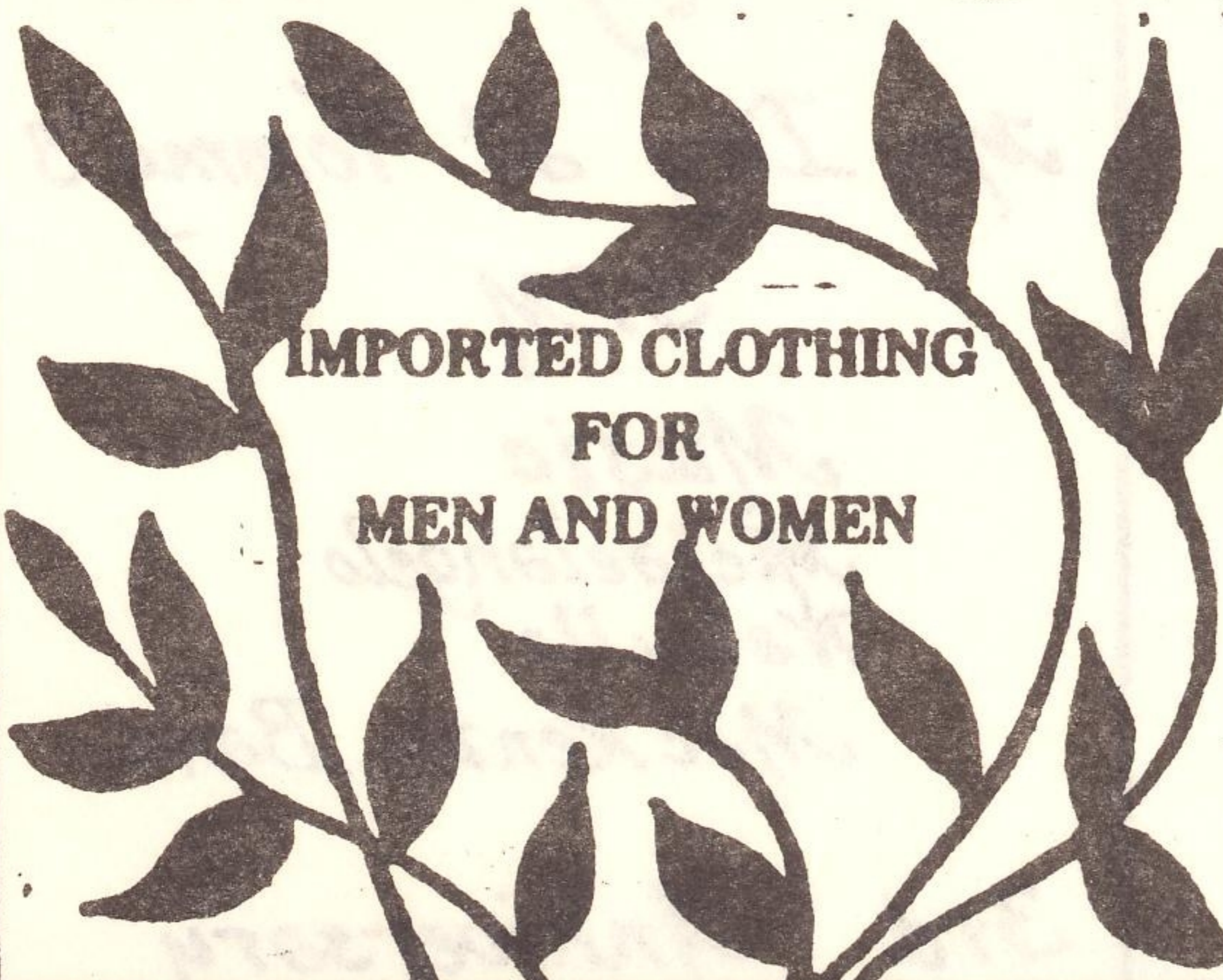
The Nixon-Ford Administration plunged headlong into an attempt to meet the crisis by largely ignoring the governmental prerogative to allocate fuel in an equitable fashion, and attempting to meet the long-range needs by increasing domestic supply. The Alaskan pipeline and the failure of strip mining legislation are two of the results of this policy; the clamor for off-shore oil drilling and for reduction of clean air standards are others. Project Independence has been a one-sided attempt to meet the energy needs of the country by increasing the supply, regardless of the costs.

It isn't that there has been any shortage of suggestions that perhaps an evaluation of the Nation's energy consumption patterns was in order. But there is no economic rent (read: profit) in not using energy; the result has been that energy conservation has consistently been a backseat rider in this country's energy policy jalopy. Money, as Dylan so eloquently reminded us, doesn't talk, it swears.

President Carter's recent fireside chat, then, came as a revolutionary executive announcement. For the first time, an American president is on record to state that the primary need of American energy policy formulation is a question of demand rather than supply.

One of our most urgent projects is to develop a national energy policy. Our program will emphasize conservation. The amount of energy now being wasted which could be saved is greater than the total energy we are importing from foreign countries. We must face the fact that the energy shortage is permanent. There is no way we can solve it quickly -- fairly among all our people, and if we realize that in order to solve our energy problems we need not sacrifice the quality of our lives. (New York Times, Thursday, February 3, 1977, p. 22)

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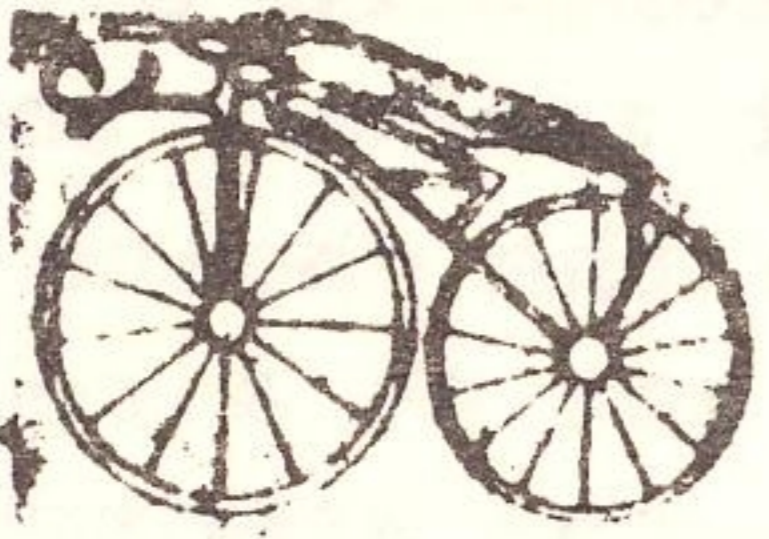
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Gay American  
History

The Hite Report

This is clearly the kind of direction in which we need to go, and have been in need of for some time. We should be applauding President Carter for his about-face from the increased-supply treadmill and his determination to pursue a new course. Another recent writer has expressed the case for conservation!


Energy conservation is not dramatic. In fact it is really a catch-all phrase for 50,000 little and medium-sized efforts ...Energy conservation, at least for now, commands about as much glamour as waste disposal. Yet, conservation is the secret to solving the energy crisis. It lacks the drama of the Manhattan Project, of sending a man to the moon, or even of the war on poverty. But our national fate, and that of our allies, may well depend on it. (Daniel Yergin, "Answering OPEC," New Republic, January 22, 1977)



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Where Are We Going, Where Have We Been?

by Frank Brown

The information in the following article has been selected from conversations I had with various members of LCFC. These were conducted independently of each other, and have been assembled here together and edited out of chronological sequence by myself. I had such a wealth of material, it was impossible to include all information I would have liked. Apologies to those with whom I spoke and whose equally valid opinions are not included. And those who volunteered their time only to be subsequently ignored; I fall prey to perilous habit of overextending myself. We shall talk.

You don't need an official title to be an historian. Anybody can do what I am, and a lot more. (Let's talk to ourself!) Finally, if anyone has suggestions of activities, projects, responsibilities, for an historian please leave me a message (or preferably to my face).

What's your name? Barbra Fisher. I'm Frank Brown, and I'm the historian here. Newly elected? Is this an elected position? No. They asked at a general membership meeting if anybody was interested, and I'm the only one who was. So you got it! Mmm. What's the total membership? Over 3,000. With that many people, if they all wanted to work I don't think they could. They'd have to cut everybody's hours down...Assuming 3,000 members, for a month of 30 days, 100 people would have to work per day in order for everyone to have worked in that month. (Dream on.) In January, 1977, 656 members worked 2 and 4 hour shifts. This was less than one-fifth of the total membership. I would work every week if I could. I just like the feeling it gives me, you know? Yes, I agree. (cont.)

That's one of the things I like about coming here because when I work... You feel, part of it, you know? And you see the workings that go on behind everything. You learn a lot. Is there anything that you think could be done better? Yea there's three registers, but only 2 of them work. They're talking about buying an electronic register. I don't know if that's necessary. Just buy another that works, so that you have 3 lines going. They really need that. What is the cost of a register such as R.#1? (John): R#1 cost \$650; R#2 was about \$50-\$60, in a special package deal when we moved into the Gaines Street building. How much is an electronic register? Between \$15,000-\$20,000. What are the advantages? It runs faster, it automatically computes taxes and % mark-up. It's newer and won't break down. Do the ones we have break down? R#1 breaks down about once every 3 months. Another advantage is that the electronic register has cash tendered and checks tendered buttons. And you can plug in an electric scale and get direct readout to the register.

Meanwhile back at the store, (Barbra): I like the choice of foods, the variety. There's a lot that you just can't get at a regular grocery store. (Terry): I feel more comfortable here...the atmosphere is preferable to that of impersonal Publix or Winn-Dixie. I wish we had some music--all interested members could pitch in for a used stereo. Those mirrors offend me. (Emily): To be more efficient there should be more people here all the time. Three is not enough to properly oversee a business. I think that's why we're losing money. (Barbra): I heard that this is one of the most successful co-ops in the entire southeast or something... (Pat): That's definitely true. How do you determine this? The size of business. The number of members? No, the cash flow, the amount deposited in the bank. The amount of growth. And just what we've done with the store. Most co-ops stay the same size, and at least a quarter of them fail. They just don't have enough interest in the store, enough monetary participation, or something. We're the largest one in the southeast. As far as store size and money goes, we're about neck and neck and probably a little bit ahead of Savenanda in Atlanta. That says something in itself, because they're in the middle of downtown Atlanta. And we're a town of considerably smaller size, and LCFC is still of comparable size. It's successful in that we draw people of different backgrounds and different interests, and the Co-op has something in common for all of them.

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In the past I've tried to keep you all informed about certain nutrient needs for a balanced diet. I've written a little about Food Science, i.e. cereals, grains, and milk products; some information on vegetarianism, mentioned various helpful hints, books and government pamphlets which are very worthwhile. Now it is time to move along, to end my brief sojourn in Tallytown as a nutrition student. In parting I would like to leave you all with a few suggestions as to your own better nutrition for future reference.

When reading nutrition or health food type literature, always question the sources of the information given. As a rule, the best information is always referenced unless you know the writer such as: Dr. Jean Mayer. If a book states something is good for you, ask why and where does the author derive his material. This is probably the most important lesson I've learned in graduate school.

Another thought is, "what literature can I, as a layperson, trust and rely on to keep up on current nutrition research and findings?" An excellent and inexpensive magazine is Nutrition Today. This is a monthly magazine which costs about \$8 yearly and is an independent scientific publication. It is supported by grants from the Citrus Commission, Campbell Soup Co., and Gerber Products, but is not a spokesperson for those interests at all. The address is: Nutrition Today Enloe, Stalvey & Assoc., 1140 Connecticut Ave. N.W., Washington D.C. 20036.

In the past 6 months a lot of research has found that vitamin C along with the mineral zinc are most important in wound healing whether it be a minor cut or after major surgery. So keep this important statement in mind; you need both vitamin C and zinc to promote healing! Zinc can be gotten from many food sources such as cereals, grains, and leafy vegetables and meat (for those who indulge).

Something else I would like to pass on to you all which concerns everyone, that is the need for nutrition education. When we question why people have poor eating habits, why doctors don't tell you enough about nutrition, why there is malnutrition as well as overnutrition in this country, why children eat junk foods and are prone to different disease states whether it be tooth decay or mental retardation or endless colds, we must look at nutrition education, or the lack of it. To me nutrition education is as important as the 3 R's in school. It should begin in kindergarten and continue on various levels through high school. We should also have adult classes in continuing education for nutrition while our kids are being schooled. In my opinion, this is our greatest resource for preventative medicine which in the long run will lower medical costs, maybe taxes, and improve our national and international health. Please be aware of this important need--for us all.

I would like you all to know it has been my pleasure to serve; be healthy and you will be wealthy and wise. In the words of Krishnamurti: "One sees things in fragments and thinks in fragments. We must inquire into what it means to see totally."

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As the Worm Turns  
Organic Gardening Ideas

by Debi Powers

Spring. The most beautiful time of year for the avid gardener. Seeds are sprouting and bursting into dark green foliage. Every day they seem to grow by inches. Birds are singing and bees are foraging. The sun is warm and bright. The soil is rich, dark and thriving with earthworms and microscopic life. Everything is perfect!

But wait! Are those "bug bites" on the bean leaves? Are those aphids on the pea stalks? Yes, they sure are, but don't panic! A healthy, balanced environment should contain some insect pests. If everything is in a natural balance, there will be enough predators to keep the insect pests from over-populating and causing crop damage.

Become an amateur entomologist and educate yourself to be able to distinguish between pests and predators. Be aware of insect populations in your garden and observe conditions daily.

If one particular pest begins to over-populate and cause crop damage, there are several organic alternatives.

One, become a predator yourself. Hand-pick and destroy individual insects. This method works very well in a small garden but is inefficient and inconvenient for larger gardens.

Two, use the "bug juice" method that I detailed in Newsletter #7. This newly discovered method looks very promising and, hopefully, many of you will experiment with it this year and report your findings.

Three, try an organic homemade insecticide made from strong onions, garlic, hot peppers, marigolds, herbs and anything else that is suppose to deter insects. Do not use this method indiscriminately because it may chase away predators, as well as pests.

Four, introduce predators, such as ladybugs and praying mantises. These predators are carnivorous--they will not eat vegetation.

Ladybugs (Ladybird Beetles) will destroy fruit scales, mealybugs, bollworms, leaf worms, leafhoppers, fleahoppers, corn ear worms, and aphids. Aphids are their favorite food. It is not unusual for a ladybug to eat forty to fifty aphids each day. I have seen a package of ladybugs annihilate an aphid population that literally covered a pea patch.

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Praying mantises will eat just about any insect, although ladybugs are very bitter to their taste and, hence, are rarely eaten. In their young stages, praying mantises will eat aphids, flies, small caterpillars, and other soft-bodied insects. As they grow, they will add larger insects, such as grasshoppers and large beetles, to their diet. They have an enormous appetite.

Many gardeners introduce predators each year as a preventive method of insect control. My personal preference is to set out praying mantise egg cases every spring. I order ladybugs only if aphids begin to get out of hand.

Ladybugs and praying mantise egg cases can be ordered from:

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Vitamins Ain't Always Good Fer Ya  
by Melynda Reid

A cheap source of cyanocobalamine (vitamin B-12) is derived from the fermentation residues of antibiotic production from mold cultures. In one experiment at Lederle Laboratories the cyanocobalamine cake was analysed for antibiotic residues after the antibiotic had been extracted. Two grammes of the antibiotic still remained for each pound of the fermentation residue containing the B-12.

Persons sensitive to antibiotics should avoid all B-12 supplements derived from fermentation extractives (those labelled 'vegetarian' are manufactured by fermentation) until they have consulted with their physician.

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## Summer Wine

*David Brightbill*

Although I am very fond of wine made from blackberries or other local fruit, I have wanted to try making a grape wine for a long time. The problem is that prime wine grape country in the U.S. is the west coast; the Napa and Sonoma valley area. It is there that the *V. vinifera* grapes are grown to their perfection. These grapes were developed over many generations in France and other parts of Southern Europe. The eastern grape, *V. labrusca*, is not considered a real good wine grape. It has a heavy flavor and is usually finished by adding a lot of sugar to mask the strong flavor. If you don't believe me, see if you like a New York State Catawba better than a Napa Valley Petit Syrah.

Anyhow, this is all very depressing for a person who wants to make a fine grape wine in Tallahassee. The options are to: (1) Get *V. vinifera* grapes shipped here. This would be expensive, and hard to do. There is no distribution network for these grapes on the east coast that I have been able to discover. (2) Have the grapes shipped crushed and frozen. This is an option, however it is very expensive. The smallest quantity you can order is a 55 gallon drum. For Cabernet Sauvignon it runs about \$100 plus shipping in a special truck. (3) The third option is to buy a concentrated, pasturized juice in a plastic jug. For me, this is too much processing.

Like I said, depressing. But there is hope. My cousin Don turned me on to *V. rotundifolia* or as we call it, Muscadine. This grape grows only in the South Atlantic Region from Virginia to Florida. It comes in lots of styles and types. I did a little research into this grape and found out some neat stuff. It seems that at one time a medium-sized industry existed based on this grape. Many farmers in the South Atlantic Region grew them and sold them to an outfit in Virginia who made them into a (reportly) good wine. The way the story goes is that the little winery in Virginia was bought out by a large beverage importer/distributor. The new owners pushed up production and soon many farmers were growing Muscadine and selling them to the winery. Then something happened. The company went out of business. The Muscadine vineyards were plowed over and for the most part, the making of Muscadine wine ceased. There is one winery which still makes a limited amount of scuppanong wine in Virginia but they put so much sugar in it, it is impossible to tell what the grape tastes like.

My research has shown that the Muscadine may be a sleeper as far as wine-making goes. I hope this summer to locate a source of supply in the North Florida area. I plan to make up several experimental batches of wine from these grapes using different acidity, sweetness, etc. In order to do it right, I need to find someone who wants to share the cost, upkeep, and use of some heavy duty equipment. A stemmer-crusher would make life much easier. If two or three or more folks put their bucks together, higher quality machines can be had. If you are interested in sharing machines, or know of a local source of large quantities of grapes, drop me a line at Rt. 7, MLC, Tallahassee, 32303. Thanks.