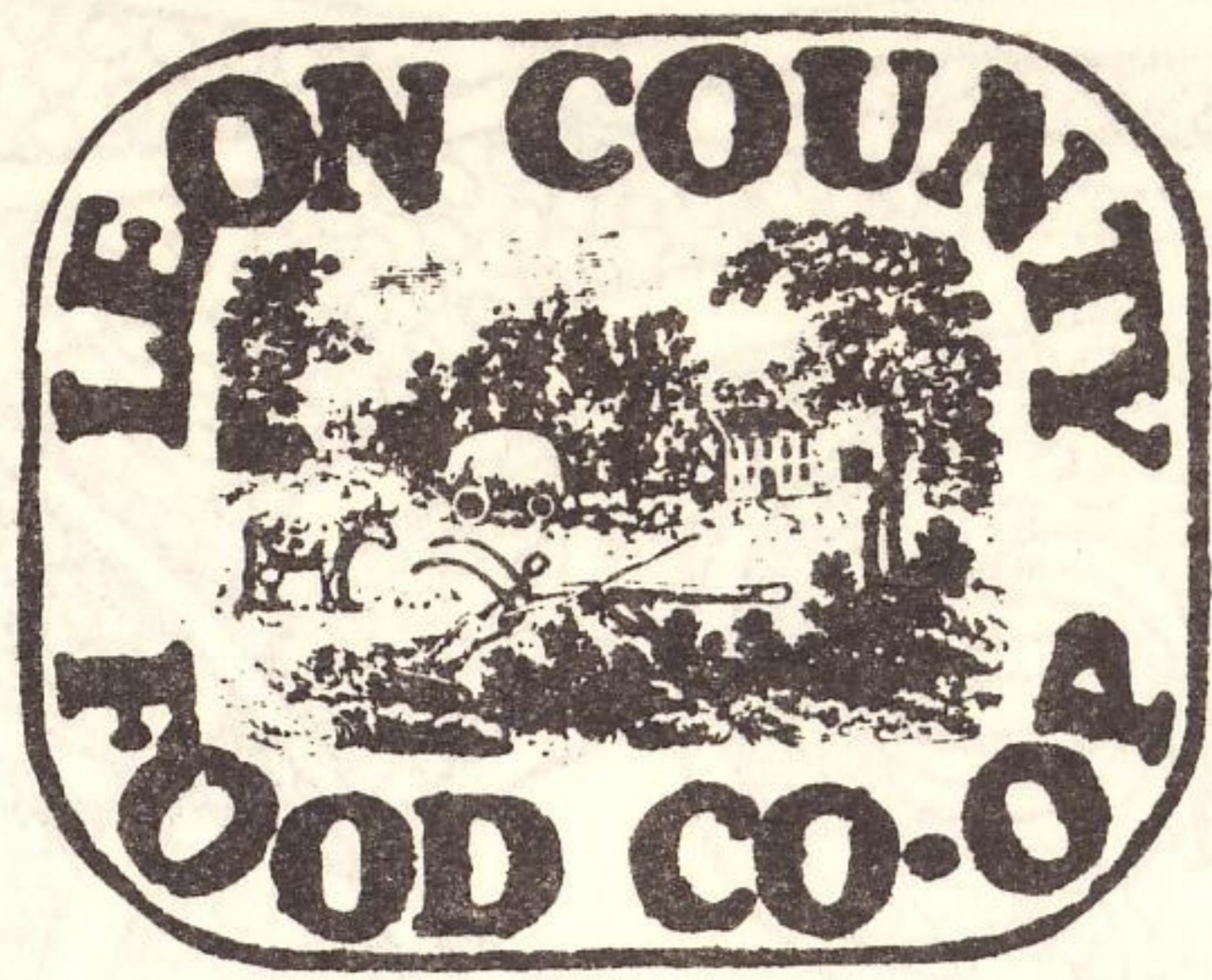


LCFC
NEWSLETTER

Issue # 12

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Tallahassee, Florida
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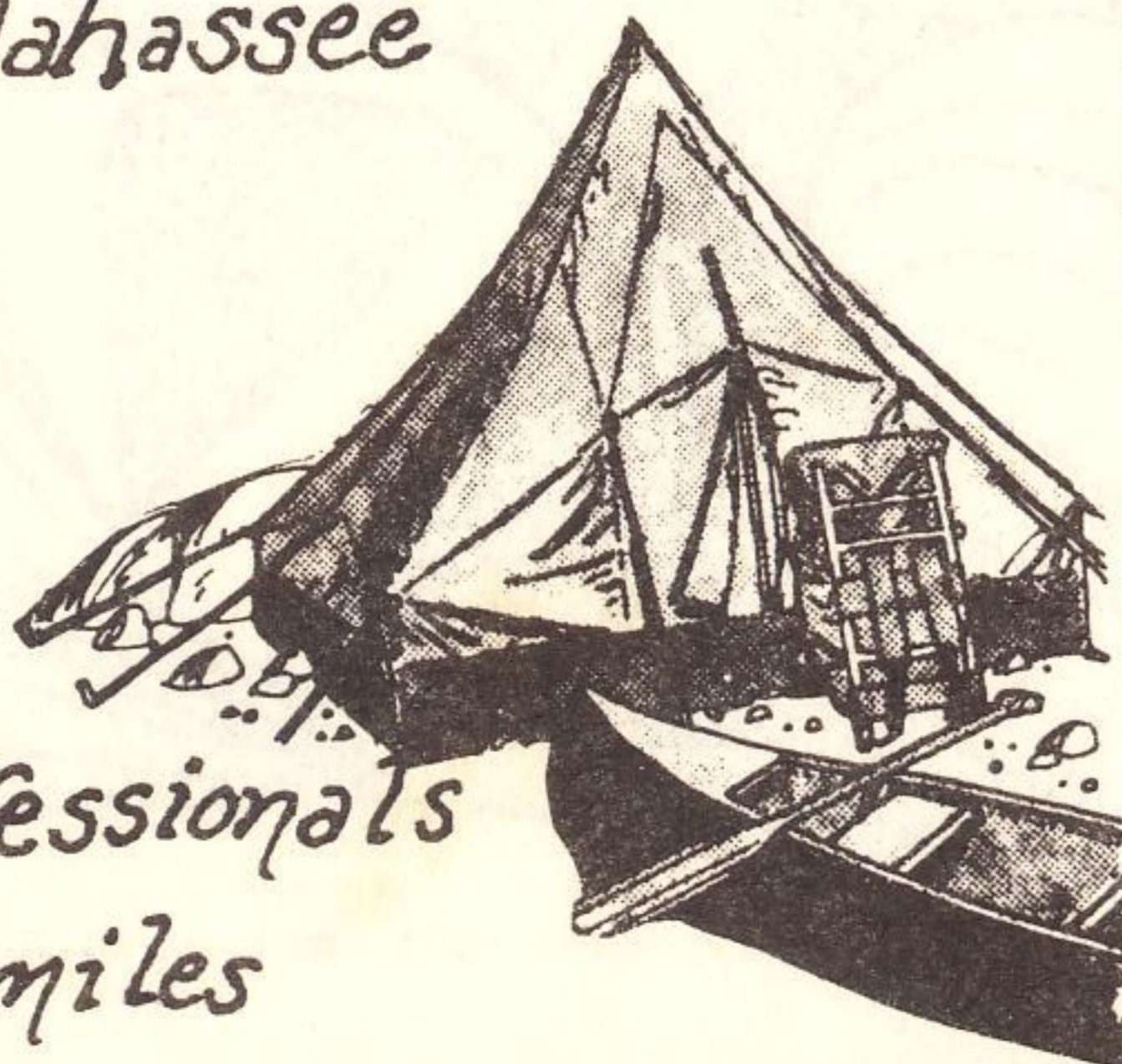
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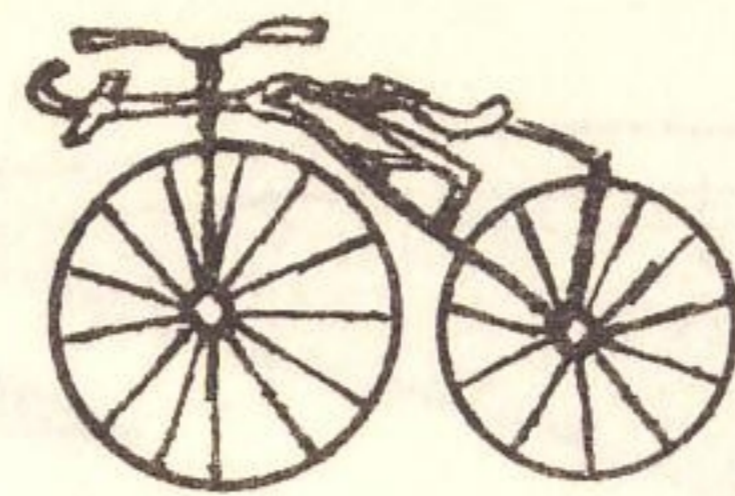
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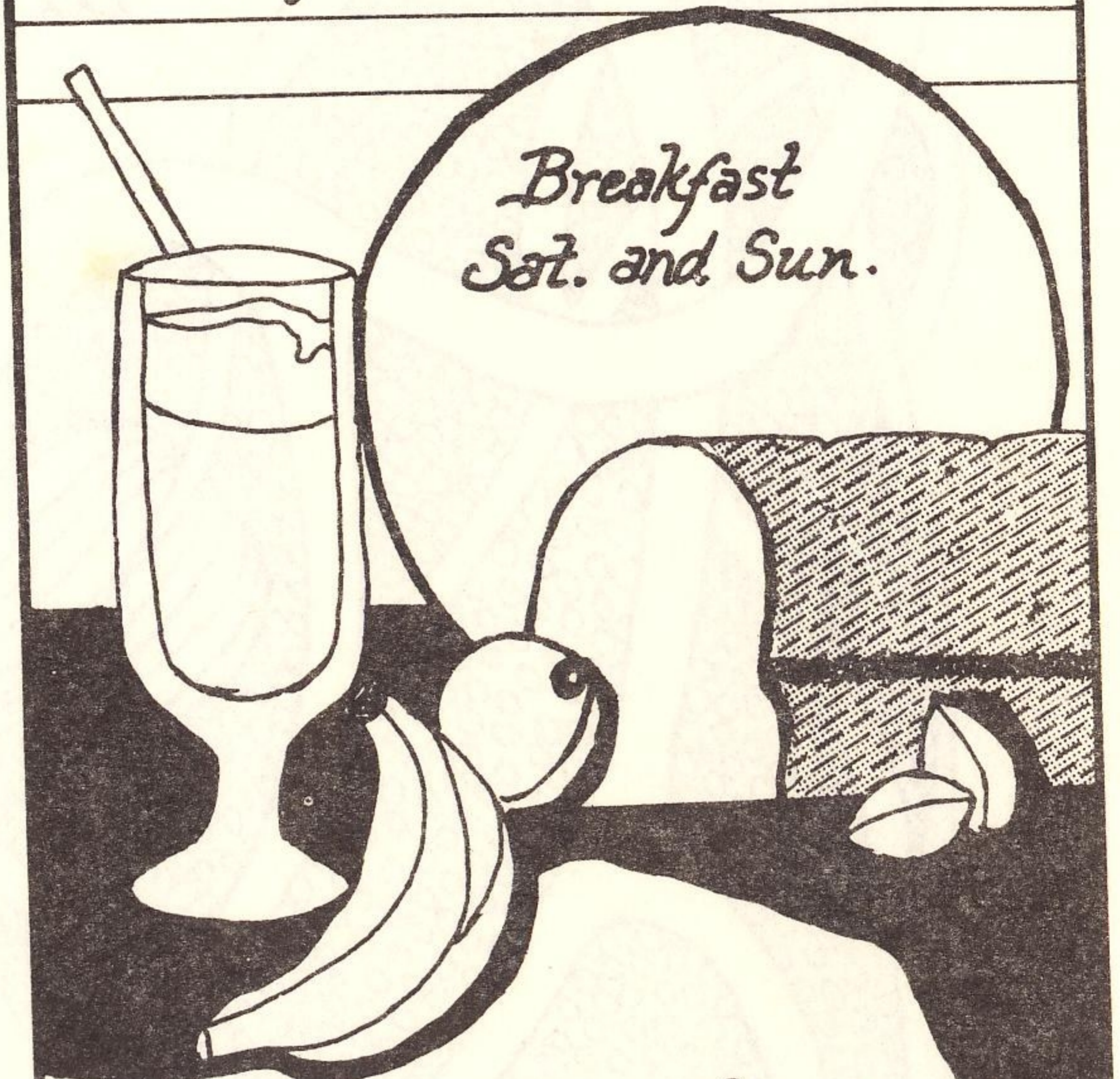
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DEWBERRIES

by Ron Miles

With the coming of berrypicking season upon us, here are a few thoughts about what to do with one of the finest wild foods found growing in nearby fields and along local roads--the dewberry.

The dewberry is a close cousin of the blackberry, both coming from the same family of bramble fruits. Dewberries are usually found growing in patches along the ground, on a trailing vine. They are deep purple in color and make some of the most delicious pies and preserves.

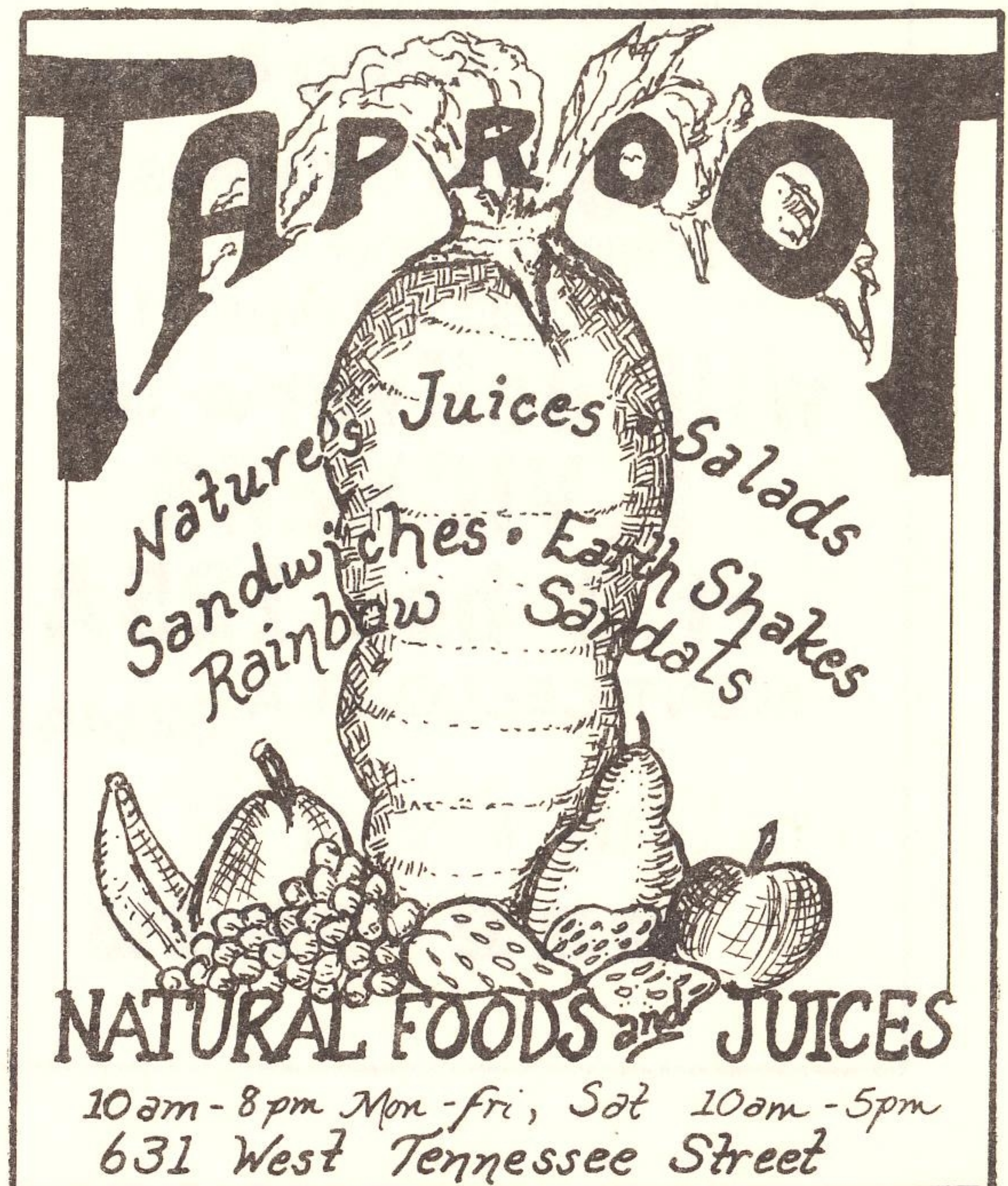
Dewberry-Banana Pie

1 quart dewberries
2 medium ripe bananas
1 egg
 $\frac{1}{4}$ cup honey
spice to taste

Beat egg, combine honey and banana. Mash well, add spices; combine with berries. Mix well. Place in your favorite pie crust and bake in 350 degree oven for 30 minutes. Some variations would be to add $\frac{1}{2}$ cup coconut, $\frac{1}{2}$ cup raisins or fresh orange juice in place of honey. It's your pie, so why not get into it!

Dewberry Preserves (A fruit butter)

1 quart dewberries
Place in blender and blend smooth. Place in heavy kettle and simmer over low heat 10-15 minutes. Remove from heat and add $\frac{1}{2}$ cup honey, juice of 1 lemon or 1 orange. Spice to taste with cinnamon, nutmeg, allspice, etc. This butter is good canned and saved for a little taste of springtime over hot pancakes on a cold winter day. Also makes a fine topping for peanut-butter-jelly sandwiches and ice cream.



TAI CHI CH'UAN

Tai Chi Ch'uan is one of the finest products of Chinese philosophy and culture. It is a system of rounded, fluid, balanced movements designed to be practiced daily for the improvement of health and peace of mind.

To me Tai Chi is a way of self-improvement. It is a moving meditation, an exercise, and a martial art all at the same time. For many people it is hard to conceive that moving exercise and meditation can be combined. But as you do Tai Chi your heartbeat actually slows down. This enables your body and mind to relax and it allows Tai Chi to be a meditation.

Not only is Tai Chi good for us "healthy" people but it is excellent for older people, disabled people, sick and weak people. It can help ward off disease, banish worry and tension, bring improved health and, believe it or not, prolong life.

As Master T.T. Liang says, "I must keep practicing for my whole life, for it is the way to preserve health. I must continue studying forever and forever . . . It is the only way to improve and better myself."

Tai Chi cannot be taken lightly. Only serious practice will enable you to discover the truth for yourself.

Barry

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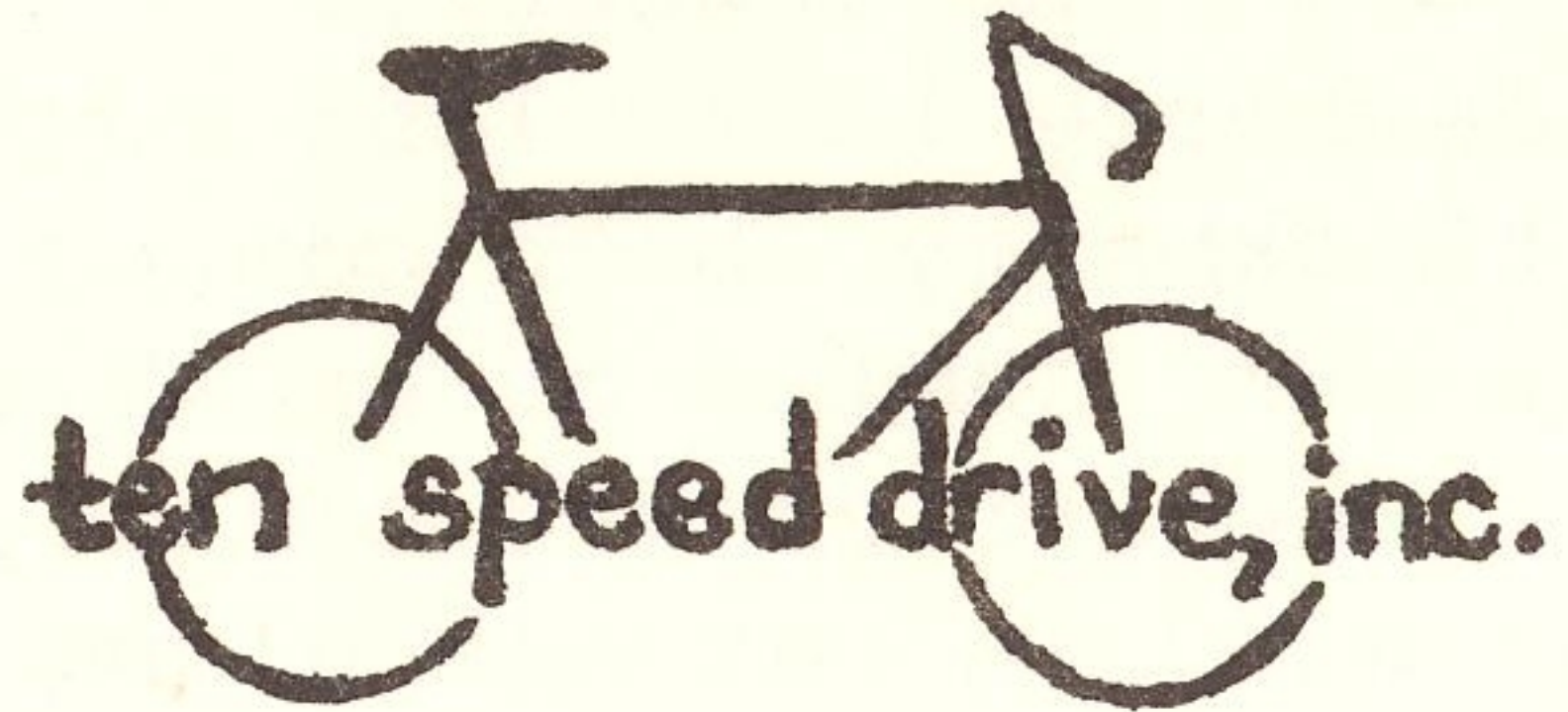
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A NEW CO-OP! THIS ONE'S FOR ALL YOU ARTISTS AND ARTISANS by Tana McLane

Pottery, Poetry and Person is changing. Once an art and handcraft consignment shop, it's now aiming toward a cooperatively-run studio/workshop/gallery. Barbara Heym, the coordinator (also a member of LCFC), hopes to provide creative opportunities for grad students and other artists in the Tallahassee area.

The PP&P Co-op offers studio space and workspace and display space. There's a large loft overhead that will serve as a gallery for one-artist shows and openings. These spaces can be utilized at various rents per month (\$15.00-\$50.00), which help defray the total rent on the shop.

There will be three levels of membership. Members who display on consignment only will pay a fairly large commission to the Co-op because greater participation in the total business is encouraged. Members who rent space will pay a smaller commission. Working members, those who help to handle the thousands of technical details required to keep the business going and the energy flowing, will pay a still smaller commission.

NOW is the time to contact Barbara Heym at 386-2891 (or drop by 326-B W. Tharpe Street, behind the Farmers Market) to get involved in an all-new co-op dedicated to providing a way for local talent to make it. Your input will shape your possibilities.

I recently discovered an interesting book in the state library-- Comfrey-Food, Fodder, and Remedy by Lawrence D. Hills. It was interesting to me because I've had some comfrey plants for a few years but never much information on its uses or cultivation. I'm writing this article to stimulate interest in a useful plant, hoping that those who are interested will seek out the above book for more information and not use this article for reference.

Comfrey has many uses as the title of the book indicates. It is a highly nutritious food for man and beast. Up to 34% protein with little fibre, it can replace the high protein part of livestock feed. It is high in methionine, isoleucine and tryptophane, three essential amino acids lacking in a corn-bean diet; also high in lysine, another essential amino acid. It is the only land plant known to contain Vitamin B-12 which it extracts from the soil, very important to those who don't eat animal products and to livestock which can't produce their own. Ruminants such as cattle and sheep produce their own but others need a dietary source. Comfrey is also high in minerals and Vitamin A.

Comfrey can be eaten steamed, added to soups and stews, juiced, dried for tea, dried and ground into flour and the flour used in many ways.

The active medicinal ingredient in comfrey is allantoin. Allantoin is a cell proliferant mainly found where rapid growth is taking place. Such as in the growing tips of plants and the foetal allantoic fluid of mammals from which it was named. It promotes the healing of wounds, burns, ulcers, malignant growths, etc. It can increase the number of white blood cells making it useful in the treatment of pneumonia.

Comfrey can also be used as a fertilizer. The leaves can be added to compost, made into tea, used as mulch or dug into the ground before planting. The leaves break down very rapidly due to their lack of fibre. The proportions of nitrogen and potash in comfrey make it an ideal fertilizer for tomatoes, potatoes, onions, broad beans and bush fruit. Since comfrey needs a lot of nitrogen and can take fresh poultry manure you can use the manure on your comfrey and your comfrey on your vegetables.

Comfrey is propagated from root cuttings. Once well established it is drought resistant because of its deep roots. Comfrey plants will last 20 to 30 years and are not seriously bothered by insects or disease.

Comfrey should be harvested before it goes to seed, cutting the entire plant off at the ground. You should probably get 6 to 8 cuttings per year.

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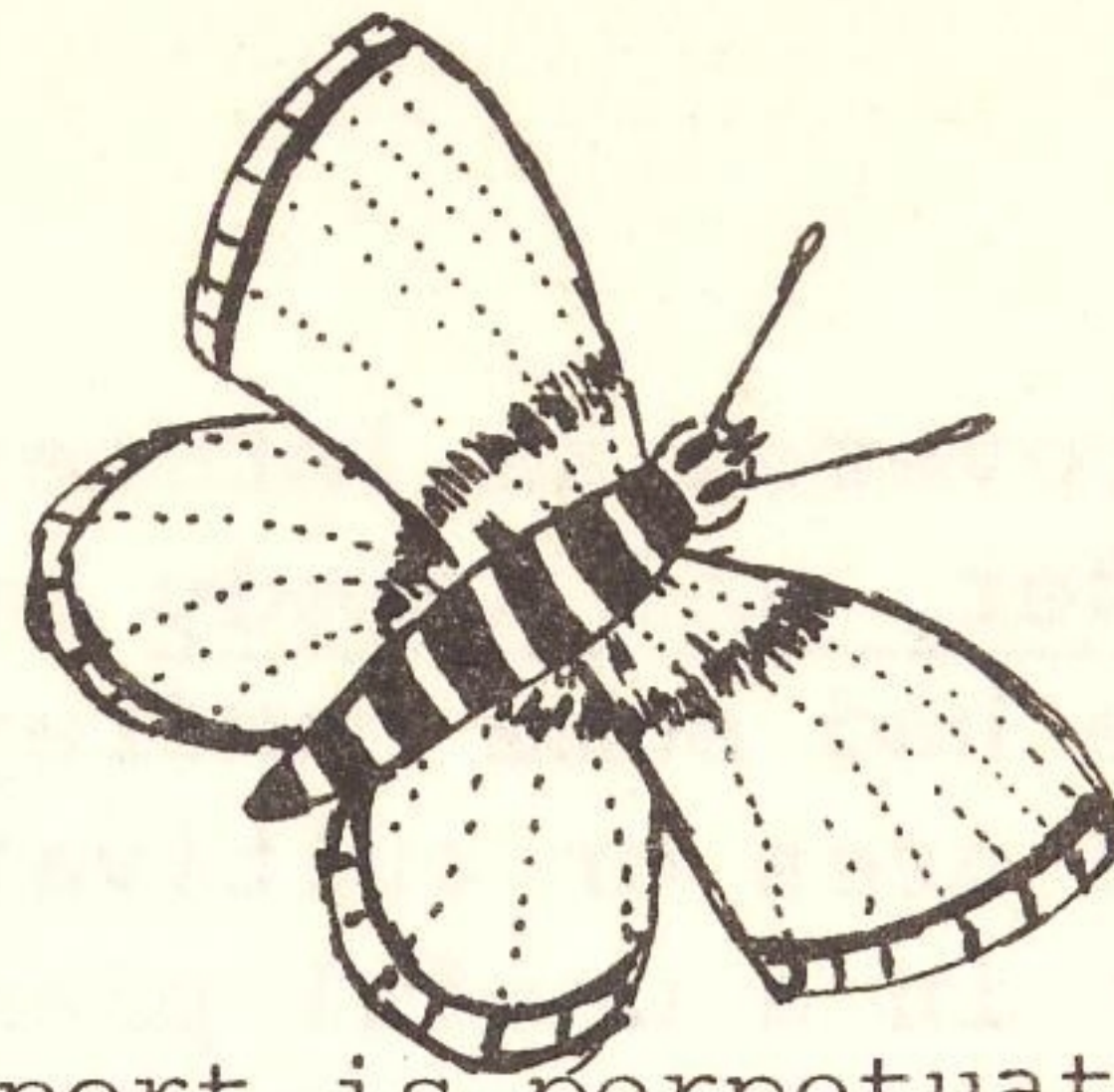
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THE GREAT BUTTERFLY HOAX

A widespread misconception of grave import is perpetuated on all English speaking people everyday. The beautiful and varied insect, known in Spanish as Mariposa and in Franch as Papillon, has been the innocent victim of a ruthless and cunning plot by persons unknown who managed to dupe generations of children into thinking of it as a butterfly.

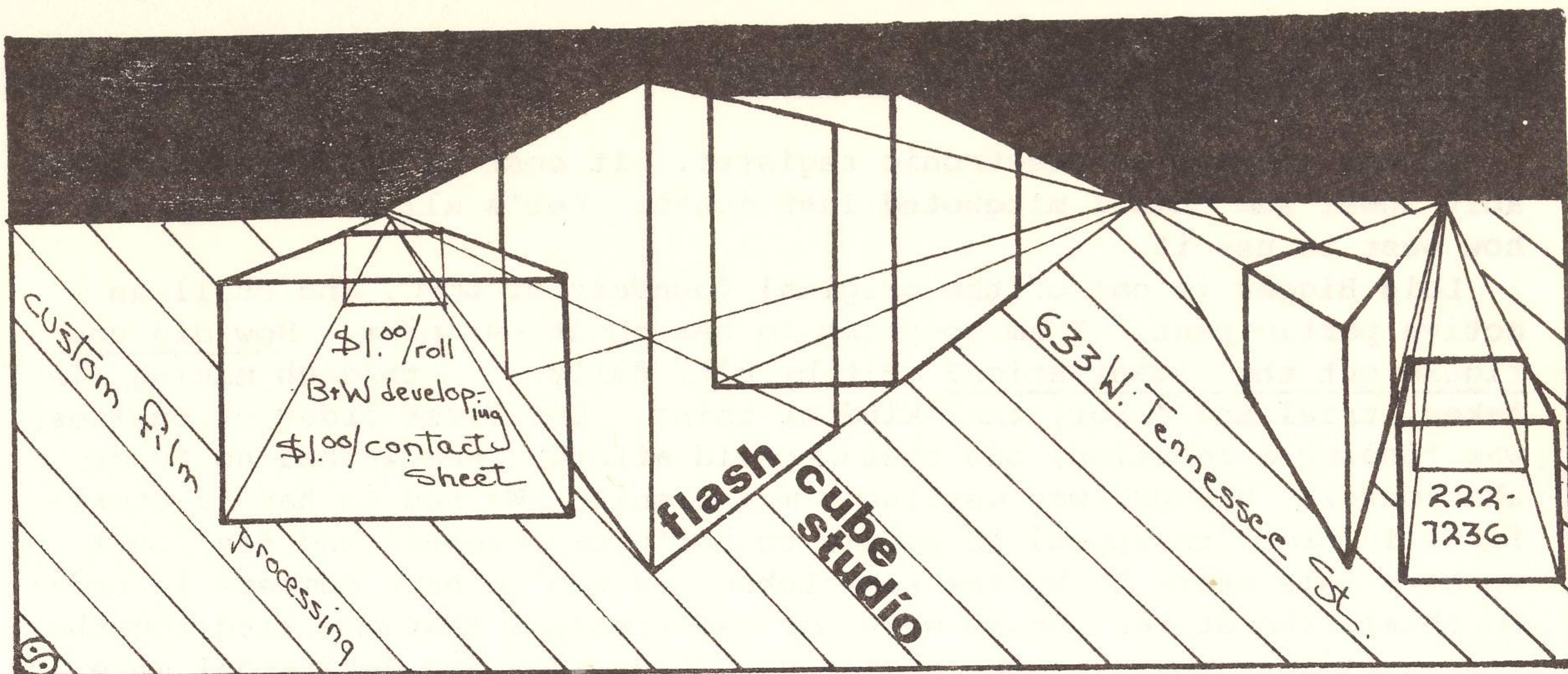
Sometime in the past some influential person or group, being bored or possibly in an altered state of consciousness, decided that the insect then known as a Flutterby would sound more quaint or catchy if called a Butterfly; just, as nowadays, if we ate a scutterbotch sundae. Through a warped sense of humor or power, a campaign was undertaken to implant the new name for the bug in the mind of the general public. Since most people will believe anything someone tells them if the source is considered an authority, the misnomer eventually gained acceptance as the true label for our hapless insect, much to the glee and satisfaction of the originators of the experiment.

The bug has absolutely no connection to butter by any stretch of the imagination. Nor is it related to a fly either in appearance or temperament. All it ever does, obviously, is flutter by. How long can we let this continue? We cannot, in this enlightened age, allow this falsity to seep more insidiously into our subconscious reality. We must transcend habit and apathy and make a concerted effort to give this insect, who has given us nothing but beauty and grace (unlike some rotten moths who pester our light bulbs and eat clothing--yechh!) its logically rightful and original name back. We, as members of a co-op, have the opporutnity to cooperate in this undertaking to never say butterfly again and remind all those who do of the error they commit. Either our children or our children's children will someday always know the flutterby for what it is, never realizing our struggle. With everyone's help we can make this a better world in which to live. Remember, the power of evil is only as strong as the number of good people who do nothing. Thank you.

Larry

DISCLAIMER: Due to the intense political nature of this article, I must declare that the opinions expressed herein are not necessarily those of the Leon County Food Co-op or its Board of Directors, nor of the President Ford Committee (PFC), nor are any viewpoints or statements condoned as official policy.

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SUGAR JUNKIES CRY OUT AGAINST BAN ON SACCHARIN

by Debi Powers

We are all familiar with saccharin. It is one of the artificial chemical sweeteners which was invented so that sugar addicts could eat sweet food without sugar's calories. The FDA has banned saccharin in accordance with the Delaney Amendment to the Federal Food, Drug, and Cosmetic Act, which reads: "No additive shall be deemed to be safe if it is found to induce cancer when ingested by man or animal, or if it is found, after tests which are appropriate for the evaluation of the safety of food additives, to induce cancer in man or animal."

All hell has broken loose as a result of this ban. Sugar junkies from all over the U.S. are bombarding Congressmen with letters. The food industry is using this issue to attack the Delaney Amendment itself, in hopes that it will be repealed which would allow them to peddle many other dangerous chemicals to the American public.

Unfortunately, the FDA's press release of their saccharin ban was poorly done. It was implied that the ban was the result of only one Canadian study in which large doses of saccharin were used to cause cancer in test animals. On the contrary, there have been a dozen or more animal-feeding studies in which cancer occurred in test animals. Some studies showed that cancer developed at rates of saccharin found in only one or two cans of diet soda per day! Dr. Samuel Epstein of the University of Illinois School of Public Health has been quoted as saying: "It's my suspicion that this was set up by the FDA to provoke an attack on the Delaney Amendment."

Ralph Nader's Health Research Group has pointed out that saccharin was suspected of causing cancer 28 years ago. According to an FDA memo, which was published in the Village Voice, the FDA knew that saccharin was carcinogen at least four years ago.

The evidence is clear, but a sugar-addicted public is crying out to Congress to repeal the Delaney Amendment. The special interest lobbyists are working hard also. If the Delaney Amendment is repealed, cancer-causing food additives which have already been banned will begin appearing in foods once again.

Those of us who are food conscious and who are interested in public health should make our voices heard. Sit down right now and write to your representatives in Congress and show your support for the Delaney Amendment. Also send a letter to:

Representative Paul G. Rogers
 Subcommittee on Health and the Environment
 U.S. House of Representatives
 Washington, D.C. 20515

PLEASE WRITE!

We now possess an electronic register. It cost us \$1,600, a considerably lower sum than I misquoted last month. Let's all become experts on how best to use it.

Lois Bigger is one of the original founders of LCFC, and still an active participant. I am speaking to her about our past. How did you figure out the organization? Bit by bit, daily. . . through making mistakes, trial and error, that kind of thing. Our first order of business was finding a location, one that we could afford since we had no funds whatsoever. Second, was getting a membership. We had to have a storefront in order to appeal to people to be future members and say "Look, we have this store." By the same token, we had to have members in order to obtain the store. Those were our two problems that were tied together pretty closely there in the beginning. Also, Joe and Jeff and I were committed to the idea of getting food that was cheap, cheaper than we could buy in many other stores in town. But we wanted to push good food. We didn't want to carry junk food. We wanted fruits and veggies eventually. That's harder; you have to meet certain health requirements, things like sinks, bathrooms, etc. But at first we were just going to carry dry goods, like wheats, berries, nuts, seeds, and cheeses eventually, when we could get set up for that. All that took time to develop. We also wanted to hit the Black community. We wanted to get food to people who couldn't afford it in the stores normally. We've never appealed to the Blacks. We've never been able to reach out and have them understand us. We located where we did partly because we wanted a place that rented cheaply. But also we wanted to locate somewhere in the Black community and near the two universities. We never did appeal to the Black housewife. She didn't come in to shop with us. Why do you think that happened? I think that they were a little suspicious of us because we were all white.

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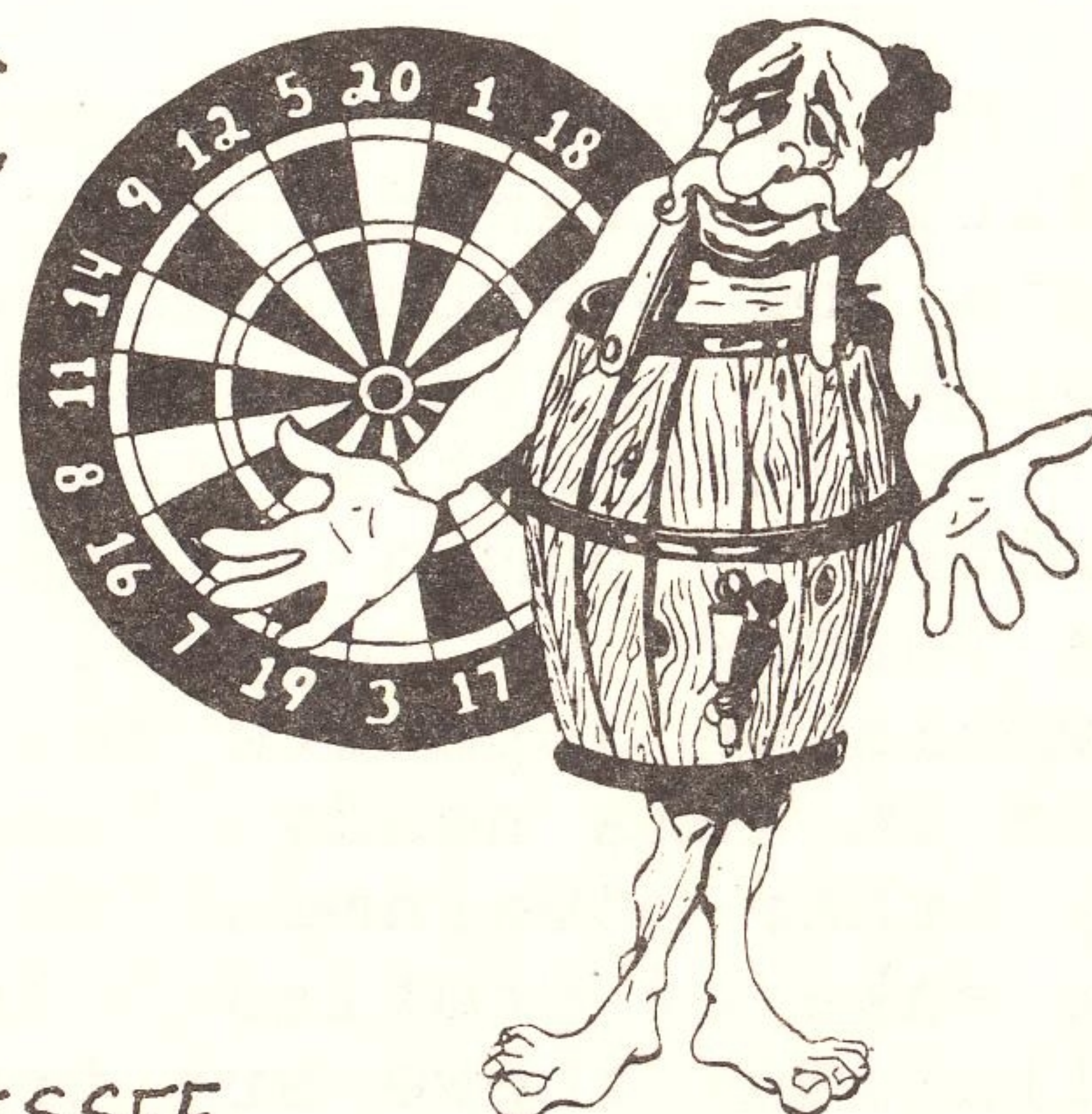
We couldn't even get any Blacks to help us start out. We went to FAMU and sat at booths trying to interest them. They didn't seem interested. We got a lot more response at FSU. The basis of our membership is FSU students. Of course, it's grown to more than that. But initially, that's where we got most of our people. We went to TCC. I gave lectures all over town explaining what our co-op was, but we never did generate much appeal from that. People just thought it was sort of a crazy idea. That's gradually changed. People have seen what we offer. But we had to develop the store before people from the rest of the community observed what we have. They didn't give us much help in the beginning. The store has grown considerably. Oh sure, by leaps and bounds. I figured it would take longer to get it to this point. I've been really happy with the response. . .but initially we wanted to get to poor people, and we haven't. Is there any effort being made now to get to poor people? No. We haven't worked on it but we haven't really figured out exactly how to go about it. We thought, rather naively, I guess, that our presence there (on Macomb Street). . . might help them realize that we weren't hostile to them. Maybe they'd get interested after a couple months. But we never did get much interest. I think that's partly because a lot of the things we carry in the store are alien to them. Do you think it might be cultural? Oh sure. We realized that. I always said if we put a bin of greens outside, cheap, to get them to see that we did carry things that they were familiar with too, that would have generated some interest. In the beginning, the few things that we carried were pretty esoteric. How many people know what wheatberries are, or kasha?

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How many times have you heard somebody say, "You can't change the world"? Voting may have some small effect, but we all know that the real change has to take place either before the vote is cast or altogether apart from the voting process. How does this change (in consciousness) take place? It is not at all easy when the capitalist-controlled government, media, and schools do all they can to promote values and ideals that perpetuate the existing class structure (property/ownership relations, political power set-ups, etc.) The change must come from inside each of us and spread to our sisters and brothers like some kind of happy new gossip.

I suppose the first question is: "Do I want the world to change?" My answer is emphatically "yes". Here's why: I am insecure. For this I, perhaps unfairly blame an economic system that calls itself "free enterprise" -- a euphemism for anarchic, unpredictable, unbridled, cut-throat competition. I seek a system that is more systematically regulated, offers more security to the individual in terms of employment and rewards (health care, education, food, shelter), and is founded on collectivism rather than competition. Is this utopian fantasy? Decide for yourself.

Of course, there are other ways to overcome insecurity than political transformation. However, I offer further justifications for overthrowing capitalism, a system that is singularly wasteful, brutal, and irrational. Under no other system is the environment so thoughtlessly and horrendously abused. Nowhere is human life so worthless as when it stands between the forces of capitalist expansion and the imperialists' compulsive appetite for new markets and new resources. Nowhere else in this needy, hungry world is there known to this writer any other government that systematically destroys food (!) for the sake of profits. Imperialism, exploitation, sexism, pollution: these are truly heinous crimes, would you agree? Yet there is no room in the jails for these real criminals. The prisons are overflowing with poor people whose only crimes are struggling to survive in a system in which legitimate avenues are all but closed to them. Those in power want us to see these petty lawbreakers as our enemies. That is why they push for stronger sentences, harsher laws, and the resumption of the arbitrary, discriminatory death penalty, all of which we must oppose. Those of us with conscience have the responsibility of taking a stand and speaking out on the pressing issues concerning our nation's role in the complex realities of a shrinking planet. As long as the onus of meeting our basic needs is on private enterprise, I'm afraid we can expect a continual decline in the quality of American life.

In re-shaping our socio-political conceptions, we must reject the poisonous garbage that the capitalist media feeds us. The Co-op bookstore, for one, offers a wide array of alternative news sources that transcend the archaic limitations of the American media. It's quite uplifting to discover a newspaper that is worth the paper it's printed on. "Newsweek" magazine, as far as I know, is not the least bit concerned with the

numerous criminal justice frame-ups taking place around the country this very minute. Bary Tyler in New Orleans, the Wilmington 10, Delbert Tibbs right here in Florida, Paul Skyhorse and Richard Mohawk in Los Angeles: the list is virtually endless. All these cases involve political activists or minority individuals who have been framed, framed by foul lying, paid informants (frequently FBI), whose testimony has been rendered swiss cheese in every case. Even when such witnesses repent and confess to flagrant lying (Wilmington 10, Skyhorse and many others) the prosecution consistently refuses to drop the bogus charges and admit their complicity in the shameful deceptions.

Has the Tallahassee Democrat ever reported on the conditions in Sewete, where over 1,000,000 Africans are forced to live in total degradation (50,000 dwellings) because of a government that maintains its tiny white population luxuriously by exploiting desperate African labor? As long as American big business is profiting off such gross exploitation, we as Americans (citizens, stockholders) are much to blame.

Enough of this disjointed, dogmatic meandering. All I ask is that we make a commitment to the worldwide movement for peace, justice and life. Dylan used to say, "the times they are a-changin'", and it's as true now as ever. I guess we can only start small. There are plenty of immediate, local issues to get involved in. The movement to free Gary Tyler is one; the struggle against the death penalty is another; the harrassment of the Feminist Women's Health Center is another; and there is a growing movement to oppose U.S. complicity in racist southern African regimes. These causes need our active support. So, fellow co-opers, we can be a force in the community. We have the power to make things happen. Together we can change the world. If we want to.

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About a week ago, I attended a beautiful outdoor wedding. At the covered dish supper that followed, I had the pleasure of meeting a fellow herb grower. She had made a cold green bean salad with fresh homegrown beans. Sprinkled among the beans were borage flowers, fresh dill, and parsley. It was a beautiful sight and very good! It inspired me to write an article about herb growing.

I had been raising a garden for several years before I thought about growing herbs. Now I am hooked. Every year more and more space in the garden is given to herb raising. Herbs are easy and fun to grow. There is nothing more pleasant than the smell of herbs in the breeze as you work in the garden. They require very little care. They actually repel insects, so, are an advantage to an organic garden. It is exciting to watch herbs growing. A tiny plant can double--triple--quadruple it's size in the course of one season. The varieties which "run" or "creep" keep spreading and greatly enlarge your herb patch each year.

Most herbs prefer good organically enriched soil with ample amounts of dolomite lime. The lime is important because herbs like a slightly alkaline soil while most southern soils are very acid. Be sure to mulch herbs well all year long. Hay is a much better mulch than leaves because leaves are very acidic. Mulch keeps the soil moist and cool in the summer and protects herbs from freezing temperatures in winter. Of course, there are some annuals that must be replanted every year or allowed to seed themselves, but many herbs survive the winter easily.

There are two herb shops in Tallahassee which sell plants, seeds, potpourri, etc. They are--The Yarb Patch and Blackcreek Herbs and Crafts. I am most familiar with Blackcreek. The shop is run by a delightful young woman named Jan who will always take plenty of time to chat with you about herbs. She is a storehouse of information. According to Jan, most herbs are grown in southern California. In the desert environment, they grow very compactly. When they are transported to humid Tallahassee, they undergo changes and begin to look like tropical plants with bigger leaves and larger stalks.

Homegrown herbs have many uses. They can be used for seasonings, teas, medicinal reasons, insect repellants, and potpourri. Once you start growing herbs, I bet that you will never stop!

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