



WATER FOR LIFE

WELLSPRING AFRICA

painting by Won-Ily Paye, Liberian artist

by Penny Martindale

Imagine walking a mile to the river, digging a hole in the dry river bed, waiting 2 hours for it to fill your bowl, and then carrying the fifty pound bowl on your head back to your village. Women in Liberia, West Africa can spend as much as 6 hours each day carrying water for their families, using a precious 600 calories. The water they carry is contaminated — half of their children will die before age 5, most from waterborne diseases.



WELLSPRING AFRICA is a non-profit organization, based in Olympia, that is committed to help Liberians drill water wells in several rural villages in their country. Cliff Missen and Carolyn Johnson are coordinating the project here.

The inspiration for the project came out of Cliff's prior experience working in a village medical clinic in Liberia in '82. He saw how the village's contaminated water supply created disease and illness among the people. He talked with a friend, Gabriel Saytonneh, a respected church elder in

the village, about the possibility of well digging. It seems the village had bad luck in their well-digging experiences: cave-ins occurred, rains flooded the wells, and they became contaminated easily. Cliff suggested well drilling, recalling portable well drilling equipment from his Alaska homesteading experience. Gabriel's response was, "This is what my people need. You will send me one." Cliff left Liberia promising to find a way to help. He sent information on the machines. Gabriel's response was, "This information is great, but when are you bringing the stuff." Cliff and Carolyn founded WELLSPRING AFRICA in response to Gabriel's requests. They will spend 6 months training Liberians in well drilling, construction, and maintenance. At the same time, basic classes in health and sanitation will be conducted.

Carolyn — "I feel real comfortable with being invited to do something. It's a very specific need and they're asking us to come and bring a specific kind of equipment that they want and they're willing to use. Our goal is to go over with equipment and to facilitate Liberians being trained to use it. They will be drilling the wells, providing the labor and materials with the idea that, when we leave, the projects will continue because it's not dependent upon us. And Gabriel has done a lot of work over there preparing for the project. He's got us written into the national water plan, networking the government. He's gotten letters of commitment from the first villages we'll go into."

The Liberian government and Gabriel Saytonneh's church have pledged \$13,000 and \$15,000 toward the well drilling.

INSIDE

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Watch for recipes, placed through this issue of the Co-op News.
Mmmmmmm!

New Hours at the Co-op

The Co-op's new hours, as of September 3rd, are 9am to 8pm. As well as being more convenient for shoppers, the expansion in hours should bring more business to the Co-op. Currently, the only working member shifts

affected are cashier and produce shifts. It has not yet been decided whether other shifts will change due to the expanded hours, but we'll keep workers posted. Enjoy the new hours!



Daucus carota

Winter Issue Deadline

Planning on contributing to the Winter edition of the News? Please submit your material to the Co-op by mail, or drop it in the Newsletter basket in the front office at the store by December 27.



Brassica oleracea italia

NEW PAINT!

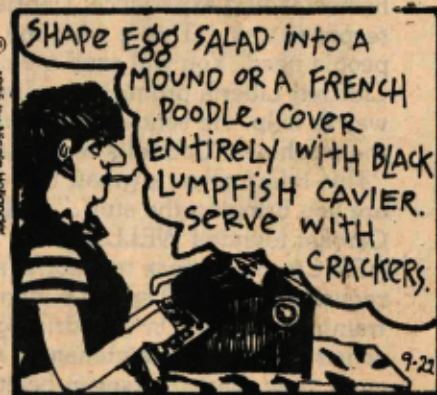
Have you noticed? The Co-op has brand new exterior paint! In August, then-staff member Tim Kelly and a hard-working crew of working members beautified the store, brandishing cream-colored brushes for the brick exterior, and rust-colored ones for the trim. The store looks really sharp and clean. Thanks to everyone who helped!



Vitis vinifera

MAILING POLICY — The News is mailed to members quarterly. We mail one copy to each address on file, unless additional copies are requested. To receive your copy, leave your name and address (including your zip code) at the Address Change desk. If this is in addition to another copy for your household, be sure to tell us the name of the person whose name is on the current mailing label. Otherwise, that name will be automatically cancelled when we do a mailing address check on the computer. Thanks!

SYLVIA by Nicole Hollander



Statement of Purpose and Goals of

The Olympia Food Co-op

The purpose of the Olympia Food Co-op is to contribute to the health and well-being of people by providing wholesome food and other goods, accessible to all, through locally oriented, not-for-profit cooperative organization. We strive to make human effects on the earth and its inhabitants positive and renewing. Our goals include:

- Provide information about food.
- Make good food accessible to more people.
- Increase democratic process.
- Support local production.
- See to the long-term health of the business.
- Assist in the development of local community resources.

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Thanks so much to last issue's bulk mailers: Juli Ganoë, Karen Greene, Elizabeth Greene-Brocha, and Wanda Radke.

Hello, New Shoppers!

by Diane Gruver

Welcome to the Olympia Food Co-op! if you've never been here before (or even if you have) you should know that our Co-op is one of the most successful Co-ops in the region. Members, staff and workers all strive to make our Co-op a place to buy good food at reasonable prices. We serve a diverse community with many different food needs. We stand apart from both more conventional grocery stores and health food stores, combining a wide variety of food and non-food items, to make the Co-op one of the most pleasant stores in the area.

The Olympia Food Co-op was started by Olympia residents and Evergreen State College students at a downtown storefront in March of 1977. At first the Co-op was very different than we know it now — a limited selection, old and unreliable equipment, and lots of people just beginning to learn about shopping at, and running a cooperative business. The Co-op moved to its present location in 1979, upgrading product selection, equipment, and all the systems that help keep the store running.

In November, 1984, we began to officially purchase the building we now reside in. The Co-op still aims to provide people with wholesome food and other goods, emphasizing, where possible, locally grown and produced goods, reasonable prices and information about the food you buy.

What is a Co-op?

We own it! The Co-op is owned by its members. The member-owners help to chart the Co-op's course through decisions at meetings and by ballot, by electing the board of directors, by participating in ongoing work groups, and by bringing issues of concern to the attention of the staff and board.

Information about current goings-on at the Co-op can be found posted at the Co-op (look on the front door, and at the cash registers), in the *News*, and if you work a shift (see below), in the worker journals. We

strongly encourage you to participate in decisionmaking.

The Olympia Food Co-op has and open membership, and anyone can join the Co-op by paying a small membership fee. Work in the store is not required (as it is in some cooperatives), but there are options for increased participation in the Co-op. [See the section on working members.]

To become a member, next time you shop, just tell the cashier that you want to join, fill out the new member form (very brief), and pay your initial fees and dues (see below).

•**One-time membership fee** — The non-refundable membership fee is \$5.00 for each adult member of household, except for seniors (see below). Your children (under 18) may shop without memberships.

•**Dues** — Each member pays \$1.00 per month for any month they use the store. If you skip a month of shopping at the Co-op you do not pay dues for that month. The maximum dues paid by any member is \$24.00. If you retire your membership, you may request a refund of what you have paid into dues.

•**Senior memberships** — Persons 62 years or older are entitled to a complimentary membership and an additional 10% discount on all purchases. No dues are paid by seniors.

Not a member? You are welcome to come and shop — or just look around. Feel free to ask questions. Non-members pay a 10% surcharge above the marked prices.

THINK GLOBAL — SHOP LOCAL

Shopping at the Co-op supports the local economy, and assures that many of your dollars are staying close to home. Buying local products, especially from local organic farmers, is a high priority for the Co-op.

Local producers include Blue Heron Bakery, Pacific Soyfoods, Country Cider Mill, Blue Heron Farm, Independence Valley Farms, Columbia Bakery, Farmers Wholesale Co-op, Evergreen Dairy, Sunnysdale Farms, and many local individual craftmakers,

including Tracy Stern, maker of Select Soaps.

The Co-op is a full-line, natural food grocery. We offer whole grains in a bulk foods section which is unique in Olympia, featuring many organic items. Our dairy cooler is stocked with both standard and specialty cheeses, cow, goat and soy milks and milk products, local white and brown eggs, Alta Deena and Nancy's products, soysage, and more! We sell abundant fresh produce, natural sweeteners, a variety of oils, dried fruits, nuts and seeds. We offer organically grown options whenever they are available, and a wide selection of bulk as well as name brand items. Our purpose is to make healthy food accessible, which means doing everything in our power to keep prices as low as possible — not always easy for a small store.

The Co-op supports the appropriate use of natural resources and our product selection is as conscientious as our knowledge allows. As we gain more information about the contents and sources of our products, we adjust our product line and make information available to shoppers.

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The Pick of the Crop

Fall Produce

by Tim O'Connor

As the summer soft-fruit season wanes, a cornucopia of fresh Fall produce is filling the Co-op's displays. Apples, pears, yams, sweet potatoes, squash, cabbage, root crops, potatoes and hearty fall greens provide Co-op shoppers with plenty of choices for fresh autumn meals. Since most of these items are sold to the Co-op by Olympia-area farmers, you can expect the freshest produce, very often organically grown, without chemical fertilizers or pesticides.

Two of the most abundant fall crops are squash and apples. Below is a detailed description of these tasty fall foods.

Squash Time

Squash has been grown and enjoyed by people all over the world for centuries. Ancestors of present-day squash varieties were domesticated in Mexico as long ago as 5000 B.C. By the 1400's, squash was flourishing in Central and North America from coast to coast. In Africa, all parts of the plant are used including the leaves and flowers. Its roasted seeds are especially loved in Asia.

Squash grow in an incredible array of shapes, colors, and sizes. Winter squash are highly nutritious and can substitute for pumpkin, potatoes, other starchy vegetables, and each other to add variety to winter meals.

A wide variety of winter squash is available at the Co-op, most of which are locally and organically grown. Popular varieties include:

ACORN — a good keeper available well into spring, great for baking.

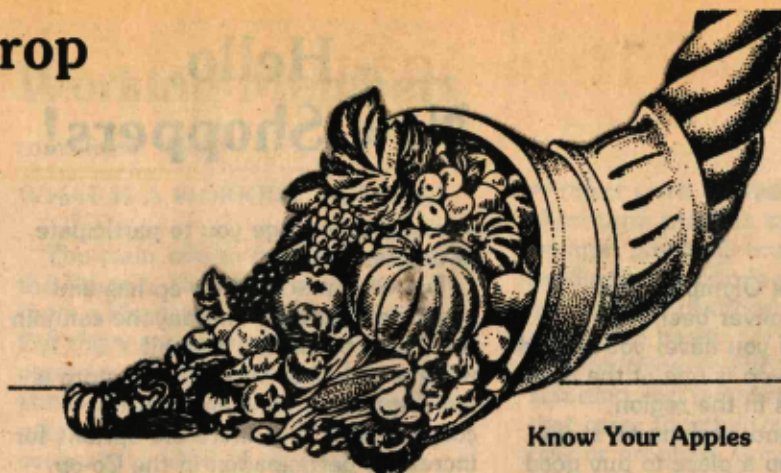
BUTTERNUT — a favorite for soup or mashed, this variety resembles an elongated pear

BUTTERCUP — bright yellow flesh makes this turban-type squash a great addition to winter meals

DELICATA — yellow and green striped skin with delicious, sweet flesh

SPAGHETTI — when cooked this squash separates into strands similar to spaghetti noodles

SWEET MEAT — as the name suggests, the flesh of this large squash is sweet and tasty



HUBBARD — often quite large, this variety is very versatile

PUMPKIN — these squash are good for much more than jack-o-lanterns. They are available from early autumn through mid winter and can be baked or made into pies. When selecting a pumpkin for eating, look for the "pie" varieties which are superior to the jack-o-lantern types

Winter Squash Preparation: The usual method of preparing any variety of winter squash for cooking is to scrub the exterior well, then cut the vegetable in half and scoop out all seeds and stringy fibers. The skin can be left on or removed before cooking. Large squash may need to be cut into more manageable sizes before being boiled or steamed. Large squash may be baked without cutting into smaller pieces, but smaller pieces will reduce the cooking time.

To bake — Preheat oven to 350 degrees F. Arrange the cleaned, unpeeled vegetables in a pan or casserole. Add boiling water to a depth of 1/2 inch and bake until the pulp is tender. The halves may be filled with fruit juice, ground-meat combinations, cooked rice and grain combinations, or a mixture of hot water or juice, honey and butter.

To steam — Arrange prepared slices or pieces in a strainer or on a rack over 1 inch of boiling water, cover and steam until just tender.

Mashed squash — Cooked mashed winter squash also makes a great substitute for mashed potatoes. Season the well-drained pulp with salt and pepper, mash thoroughly or puree in a blender, then add a pat or two of butter and as much cream or milk as is necessary to bring the vegetable to the consistency preferred. Honey and nutmeg will enhance the flavor.

Know Your Apples

We are lucky to live in a region where apples grow bountifully. At the Co-op many different varieties which are grown locally can be sampled. They come in different colors, shapes and sizes. Some are better for eating raw, or cooking, or saucing, or store better than others. Here's a short list of different apple varieties, many of which are sold at the Co-op, and their best uses.

Cox Orange — red and yellow, fall ripener, rich flavor, aromatic, originated in Europe.

Pippin or Newton — yellow, winter ripener, excellent dessert or cooker, unknown origin.

Gravenstein — orange/yellow with red stripes, fall ripener, good cooker, aromatic, originated probably in Germany.

Jonathon — red, winter ripener, dessert or cooker, aromatic, poor keeper, originated in New York.

MacIntosh — red, fall/winter ripener, dessert and cooker, aromatic, originated in Canada.

Northern Spy — red, winter ripener, dessert and cooker, good keeper, originated in New York.

Spitzenburg — orange/red, winter ripener, dessert apple, originated in New York.

Yellow Transparent — yellow, summer ripener, good for eating, cooking, saucing, poor keeper, originated in Russia.

Cortland — red with blue blush, winter ripener, good flavor, good keeper, flesh doesn't brown quickly after cutting.

Delicious — yellow or red, many different varieties available, most popular, good eater, not generally a good keeper, originated from a chance seedling in an Iowa orchard.

It's Turkey Time Again

by Tim O'Connor

Following last year's overwhelming success, the Co-op will again be offering naturally-raised turkeys for the holiday season. Shelton's Poultry Farm from Pomona, California will be supplying the turkeys as they have in previous years. Both hens (10 - 15 lbs.) and toms (16 - 24 lbs) will be available as will both fresh and frozen birds.

Make sure to pre-order your turkey for the best price and to assure availability of the desired sizes. Pre-order deadlines are October 28th and November 11th. You will save up to 10 cents a pound by ordering October 28th. Also after this initial deadline sizes will be much more difficult to assure. A limited number of non-pre-ordered frozen birds will be available at a higher price. You may order your turkey by asking any staff person at the Co-op and making a refundable \$5.00 deposit.

Last year's turkeys recieved rave reviews. Besides being touted as "the best turkey I've ever eaten" to many, most people were satisfied with the fact that all Shelton's poultry is raised without growth hormones or other chemical additives and is fed "the finest natural foods available."

Quite a few families ordered more than one turkey last year so they could enjoy this quality turkey after the holidays at the lower, pre-order cost. Some turkeys as well as ducks and geese will be available from Shelton's for the December holidays. Watch for more information at the Co-op, or ask a staff person for more details.



Turkeys That Eat Better Taste Better.



Shelton's turkeys are raised on the finest natural foods available. We don't use growth stimulants and we won't use hormones.

pre-order your holiday turkey today.
Ask any Co-op staff person for details.

ALL NATURAL POULTRY PRODUCTS
Shelton's

FALL PRODUCE

Granny Smith — green/yellow, winter ripener, tart, newly developed in New Zealand.

Rome — red, good eater and cooker, poor keeper, originated in Ohio.

Spigold — yellow/red, winter ripener, good eater and keeper, Northern Spy and Yellow Delicious cross.

Winesap — red, good for cider and storage.

Nutrition — Apples provide a good source of fiber and are excellent as a low-calorie snack. they are low in sodium and contain pectin, which has been shown to have a cholesterol-reducing effect. A medium apple provides significant amounts of potassium and vitamin A and has only 70 calories.



New Staff!



Cosette LeCiel

Cosette LeCiel brings to the co-op a background of long association with co-operatives and collectives of all types. She has worked in a variety of positions which involved delivering health care services, but feels her work now is actually more health oriented.

Cosette comes to Olympia via Seattle. She has lived in the Northwest for over ten years. Being originally from the Midwest, she succumbed to the lure of the ocean, the mountains and tales of alternatives.

She plans to concentrate on produce as well as learning all aspects of store operations. She has found the vegetables and fruit in this store superior in quality, and supports wholeheartedly the co-op commitment to organic and local produce.

While working at the Co-op, Cosette intends also to attend Evergreen. Her other interests include music, Tai Chi, genetics, languages and travel. In the fast moving atmosphere of the Co-op, and with a full schedule, she manages to maintain a sense of humor. Cosette has a lot of energy and excitement for her job here at the Co-op. Good luck and welcome!



Ron Mayes

Look for Ron's story in the next issue of the Co-op News. Welcome to the Co-op, Ron!

NEWSLETTER NEEDS WORKING MEMBER HELP

Two jobs are currently open with the Olympia Food Co-op News, and both are available in exchange for working member credit. First of all, **Writers** are needed to cover the usual Co-op happenings, such as member meetings, Olympia events, and local food news. The News is also looking for articles on regional, national and world food politics, in order to make the connection between our one small store and the rest of the food world. Second, a **Bulk Mailer** is needed — someone who can make a commitment to seeing that all copies of the News are labeled, bundled and mailed properly at the Olympia Post office.

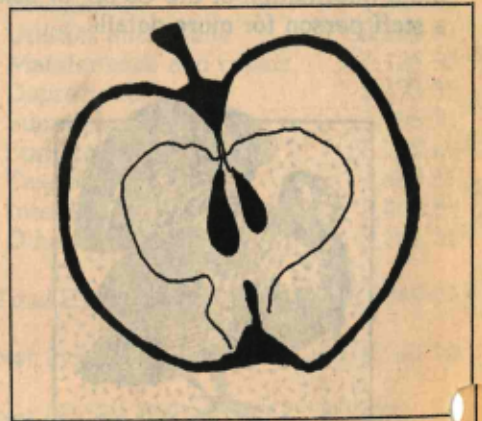
If you're interested, please contact the editor through the Newsletter basket in the front office at the Co-op.



Helen Thornton

I've lived in Olympia since the fall of 1977, and have been involved in numerous community groups, from a carpentry collective to social services, both here and in Northern California. I live with my 18 months-old son and my partner.

I've been a Co-op member for 8 years, and was an active working member when the Co-op was located downtown. It's exciting to be part of a growing food cooperative, although at this point, only as part time staff. Hopefully, the Co-op will benefit from my work and I personally will be gaining some invaluable skills, as well.



Macrobiotics

BY Elana Freeland

Macrobiotics is a twentieth century Western appellation — the "large life" — for the application of the ancient Oriental law *yin/yang* to the art of healing primarily through diet and observance of ways of food preparation and consumption. I stumbled across this extreme view (extreme here and now, but no doubt the norm in the Orient before the influx of the West) in my early twenties while in quest of a philosophy which had a direct relationship with one's daily life, as much of modern philosophy seemed to take place in the realm of ideas (the head) with little effect on one's acts upon and with the earth. So I drove to Boston where I heard tell that a philosophy of dialectics (Hegelian) was being propounded by an extraordinary Japanese teacher named Michio Kushi. Thus, I discovered a whole Way. Because I lived frugally in a

macrobiotic study house, I had to eat the food: whole grains, cooked vegetables, beans, seaweed, seeds, and *bancha* tea. What, no honey? milk? cheese? raw fruit? I panicked. Michio assured me that if I wished to comprehend the Oriental concept of *yin/yang*, I must eat the Orient. The adventure appealed to me. Not only did I gain a unique insight into what must be termed *natural law*, but I recovered my health: low backpain disappeared, menstruation became regular, and after two years of "good" eating, I cured hypoglycemia.

So much for the testimonial. I have taught *yin/yang* classes before, have cooked for ill persons, and have studied acupressure massage. I am now ready again to share three presentations of *yin/yang* and its applicability to growing seasons, qualities of foods, effects of varied ways of eating upon health, etc. Not for the sake of proselytizing, but in

gratitude to a way of comprehending which has virtually set me free from the medical establishment and homeopathic guesswork, though not necessarily from my own arrogance! Those who have children would greatly benefit from these ancient principles.

Macrobiotic Classes

Elana Freeland will be offering an informal, 3-part class on macrobiotics this fall. The classes will be held at 7:30 pm on Friday's — October 25, November 22, and December 20th at Elana's house: 1827 18th Ave SE, Olympia. Please call her — 754-4699 — or Tim at the Co-op — 754-7666 — at least a day in advance so proper planning can be undertaken. Cost will be \$2.00 per session. At least one meal will be provided at one of the sessions.

MACROBIOTIC RECIPE

Norimaki Sushi

taken from *Macrobiotic Kitchen*, by Cornelia Aihara

nori
hot cooked rice
carrot
spinach
egg
umeboshi or lemon juice
salt
soy sauce

Roast the *nori* on one side only carefully passing over lighted burner until it becomes green.

Cut the carrot into strips lengthwise about 1/2 inch square. Saute lightly in oil for 10 minutes, add soy sauce and salt and cover. Cook at low heat for another 20 minutes. Uncover and gently stir till dry.

Boil the spinach in salted water, uncovered, till done but still bright green. Remove from water and spread out in a strainer to cool. Sprinkle with soy sauce.

Make the eggs into a thick omelet by mixing 4 eggs with 3 tablespoons soup stock or water, 1/2 teaspoon salt and 1/2 teaspoon soy sauce. Heat a

little oil in a medium size frying pan, a square shaped one is best, and then pour in 2/3 of the mixture. Cook uncovered until top is set. Fold carefully into thirds, oil the rest of the pan and move omelet into it. Oil other part of pan and pour in remaining 1/3 of mixture. Lift cooked part and let liquid cover all the pan. Cook until set. Fold over twice. There should be 6 layers. Cool, then cut into strips about 1/2 inch wide.

Make *umeboshi* juice by boiling 7 plums in 1/2 cup water for 20 minutes.

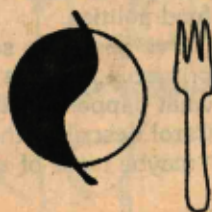
To assemble the *sushi*: mix the *umeboshi* juice or lemon juice with the rice, about 1/2 teaspoon to 1 cup rice.

On a clean bamboo *sushi* mat lay on sheet of the roasted *nori* roasted side up. With wet hands spread rice over the *nori* to within 1 inch of the edge, a little over 1 inch at the top and a little less from the bottom.

Within 2 inches of bottom edge make a groove in the rice and in it lay 2 carrot, 1 omelet, and 3 spinach strips. Roll up the rice with the bamboo mat like a cigarette, pressing firmly all the time to keep a uniform shape.

Using a sharp, wet knife, cut the roll into slices about 3/4 inches wide.

Arrange on a plate flat side down. These are very good to take on picnics.



BOOK REVIEWS

by Diane Gruver

This Fall the Olympia Food Co-op News begins what I hope to be a long and enjoyable tradition of book reviews. Included here are very different kinds of cookbooks: *The Laurel's Kitchen Bread Book* focuses intently on dedicated, wholegrain breadbaking, *Lean and Healthy* is a basic cookbook, suitable to cooks new to whole foods cookery, surveying a wide variety of recipes based on a low-fat, low-sugar, low-salt diet, and *Herb and Honey Cookery*, also a general cookbook, but specializing in flavorings.

The Laurel's Kitchen Bread Book, by Laurel Robertson, with Carol Flinders and Bronwen Godfrey. Random House, New York, 1984. \$19.95 (hardback)

I have never been much of a cook, and in fact have rarely been concerned with the nutritional value of what I eat. But five years ago, pregnant with my daughter, I was very concerned with the food I put into my body, and turned to the book, *Laurel's Kitchen* as both a cookbook and a vegetarian eating plan. Carol Flinders' lengthy introduction explained why the authors had chosen the nutritional slant they had. This was very exciting, even inspiring me to bake my own bread once or twice a week, in order to take in the whole grains that the *Laurel's Kitchen* diet requires. My bread was tasty, though not the best, and the making of it was wonderful — a real project, a hobby, a lost art.

Well, my daughter was born and my energy was nil, and the breadbaking project went out the window with several other interests. But I remember how wonderful those few months were, and how proud I was of my rather mediocre bread. And while I moved away from both a vegetarian diet and breadbaking, the women who inspired me began to perfect and explore the art of baking whole grain breads. *The Laurel's Kitchen Bread Book* is the culmination of several years worth of work and experimentation.

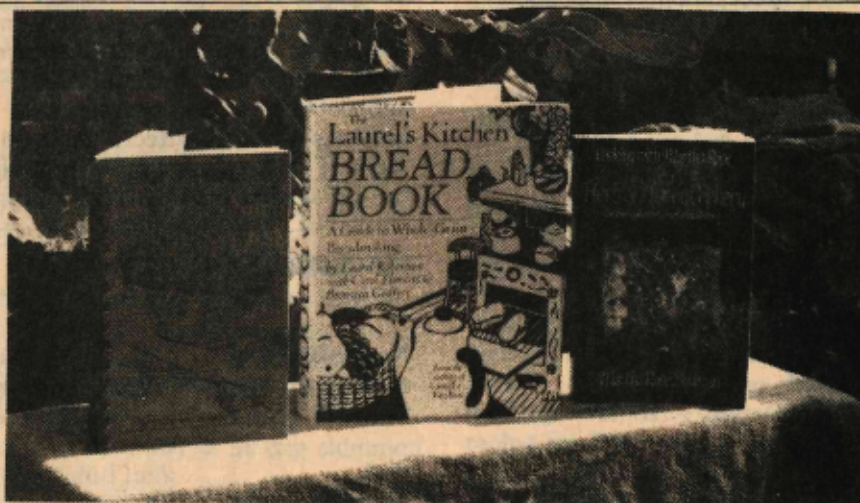
The *Bread Book* is about serious breadbaking. It concerns itself only with whole grain breads, for the

Every quarter, our mercantile manager, Beth Hartmann, has added wonderful new titles, and the book shelf now has a variety of books concerning not only recipes and different kinds of diets — from *The Joy of Cooking* to *The Zen of Macrobiotic Cooking* — but also many books on world food politics, gardening, alternative medicine and lifestyles, and toward the end of each year, wall and desk calendars.

The Co-op is aimed at providing food for people who are eating consciously, whether that be "just plain good food" or a particular eating regimen. Most folks aren't raised with

these types of diets, and so many of us turn to books for information on new ideas. Certainly perusing the book shelf is one way to find out about new (or old yet unfamiliar) titles. But book reviews are important, too. In future issues of the *News*, I hope to find other Co-op members with different eating habits to review books I'm just not qualified to evaluate. If you're interested in reviewing, please contact me through the Co-op.

One last word: If you read about a book here, and find that it's been sold-out at the Co-op, you can request that it be re-ordered.



authors believe that breads unadulterated by white or gluten flour can be as light, tasty and wonderful as any common "half-n-half" recipe. Carol Flinders provides another essay for this volume, this time detailing why she, Laurel Robertson and Bronwen Godfrey chose to explore breadbaking to such an extreme. As well as describing technique, Carol speaks to a spiritual view of baking one's bread, invoking the tradition and cultural ritual of breadbaking as a symbol for a more whole and harmonious life. She describes the changes in lifestyle that consistent, dedicated baking has brought herself, family and friends. Describing the work of Mahatma Gandhi at some length, she writes about the spinning that spurred social change in India. She suggests that breadbaking or similar changes in lifestyle might promote a slow, patient revolution in lifestyle across our culture.

Personally, I think this may be grandiose, especially since the people living the life she speaks of seem to be members of nuclear families in which the wife does not work fulltime, and presumably has time to bake bread on a twice-weekly basis. These folks are not usually the stuff of which revolutions — slow and otherwise — are made. But Carol cites other reasons for dedicated baking apart from social change, including the nutritional and gastronomical benefits of fresh, well-made whole grain bread, and the place of vegetarian (and in this case, whole-grain-based) eating in the lives of those concerned with world food politics.

I've gone into some length here, primarily because it forms the basis of what happens in the rest of the book. Carol describes the *Bread Book* as "maybe more of an apprenticeship

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Lean & Healthy: A Food Lover's Guide, by Kathy McCormick. Capitol Neighborhood Press, Olympia, 1984. \$6.95 (paperback)

Lean & Healthy concerns basic good eating, particularly oriented towards people who are new to low-fat, no-sugar, low-salt diets. The recipes are, of course, appropriate for anyone who wants to eat good, healthy, tasty food. Olympia resident Kathy McCormick writes in a very straightforward style, using concise language to lay down the fundamentals of good eating. In a short introductory section she goes through the basic food groups — dairy products, meats, beans and peas, nuts and seeds, grains, vegetables, and fruits, with commentaries on sugar, salt, and eating while pregnant. Kathy suggests numbers of servings per day as well as guidelines for intake. Though not a vegetarian diet, her eating plans are based on intake of complex carbohydrates (primarily grains and legumes) and vegetables, with meats, fish and poultry as flavorings and condiments.

Kathy's original intention was merely to pull together a set of recipes for her students in her cooking and nutrition classes. Encouraged by a Group Health doctor who wanted to include her ideas in a prenatal packet, and then by offers of graphics and word-processing from friends, her project grew into a self-published book intended to supply information that wasn't overwhelming to the uninitiated. Her message is that eating good food "really can be done," and can be done simply.

Recipes are included for Soups, salads, dressings and sauces, breads, fish, poultry, beans, grains, pasta, vegetables, and desserts. Kathy supplies healthy versions of recipes drawn from the conventional American palate, such as Banana Bread, waffles (one version made with oats and garbanzo beans), Fruit Tarts, Potato Salad, and Cream of Vegetable Soup. She also includes revamped recipes from specific cultural diets, like Chicken Curry, Irish Soda Bread, Enchiladas, Raspberry Mousse, Cioppino (Italian Fish Stew), Japanese



Pickled Cucumbers, Gazpacho, and Vegetable Stir Fries. Pointers are supplied throughout, illustrating for instance, basic how-tos of breadbaking, bean soaking, and cooking vegetables while preserving the nutrients in them.

Kathy is teaching a class at South Puget Sound Community College entitled "Basic Cooking, Nutrition and You," starting at the end of September, which may be re-offered if enough interest is shown. She is available for individual presentations on cooking and nutrition to groups, as part of her ongoing work to promote good health and good eating. She suggests the following soup as a good one for the coming damp-weather months.

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Herb and Honey Cookery, by Martha Rose Shulman. Thorson's Publishers, Inc., New York, 1985. \$9.95 (paperback)

In the introduction to *Herb and Honey Cookery*, Martha Rose Shulman asks, as you might be doing now, "Why herbs and honey in the same book?" She answers, "Because both honey and herbs have been used for thousands of years to season foods of all kinds. Sugar and salt are relatively

recent condiments, and ones we should learn to do if not without, with much less...." citing health problems and the true delight of a variety of flavorings in our foods.

Herb and Honey Cookery is a general cookbook, in that it covers conventional categories found in many cookbooks — soups, breads, salads, desserts, and sections on dairy recipes, grains, breakfast foods, and so on. But within the sections are recipes utilizing unusual and aromatic combinations of herbs, as well as a variety of recipes using honey as both a sweetener and "mellow" in savory recipes. The author provides brief sections on storage and preserving of herbs, both fresh and otherwise, gardening of herbs, a glossary of herbs, and information about bees and honey-making, as well as a guide to honeys. Let me tell you, I'm not real interested in bees, but found her detailed description of bee-life very fascinating. I was truly impressed in reading that in order to collect a pound of honey, a bee must fly a distance equivalent to 2 or 3 orbits of the earth, or that bees must visit 1,000 to 1,500 flowers in order to fill the tiny pouch they carry the nectar in. It makes you think when you look at those drums of

honey at the Co-op — busy bees indeed!

Recipes are laid out clearly and simply, illustrated periodically with full-color photographs of delicious looking selections. Instructions are not complicated, though many of the entries look long, mainly because of the large number of herbs flavoring the recipes.

The recipes are taken both from popular American taste and many other cultures. Martha Rose Shulman includes among other recipes, Cous Cous, Challah, Pesto and Curries; also found in the book are a wonderful Homemade Ketchup, Rye Caraway Soup, Homemade Herb Vinegars, and a variety of imaginative salads. One is included here, but I advise you to look at this intriguing specialty cookbook for more ideas.

cont. page 10



Book Reviews

Bread Book, cont.

than a book." In "A Loaf for Learning," a core chapter in the beginning of the book, a basic "how-to" is set down in detail, complete with careful and articulate descriptions of each step, and very nice line drawings to accompany each. The book relies in general, and particularly here, on the use of words to describe sensory experiences — how the dough should look, feel, stretch, etc. Ingredients are explained carefully, with reference to why and how each should be used.

Before getting into the Recipes section, a question and answers chapter is provided. Then the authors set into over a hundred recipes for all types of whole grain breads.

The most elaborate bread they include is Desem Bread. Desem is a Flemish word meaning "starter", and Desem Bread is made from an aged starter dough. This is described (I didn't try it out — it involves a week to make initially, plus increasing time as it ages and proofs) as a stiff dough, rather than the Sourdough starter sponge commonly used in breadbaking in the U.S. Complete (and loving) instructions are given for making the dough, as well as 4 recipes for bread, crackers, rolls, and dosas. Each uses the mature Desem dough which one "feeds" with flour and water prior to baking. The authors recommend the bread highly, despite the involved process, and say that it is actually the

simplest bread they include.

Smaller chapters are included on Ryes and Sourdough Ryes; Bean Breads (using cooked beans, bean meals, and soy milk); Breads made with Milk and Eggs; Combined Grains in Breads; Fruits, Nuts and Seeds in Breads; Small Wonders (a variety of rolls and light breads, including bagels and Pitas); Sprouts and Spuds; Saltless Bread; Rice Breads; and Quick Breads and Muffins. Each section includes introductory instructions and ties of that type of bread, followed by around a dozen recipes. Most recipes are not long, though a few go into detail and cover several pages, most with pictures, such as Whole Wheat French Bread, Hot Cross Buns, Chapathis, and more.

As well as the wonderful variety and detail, the authors provide a useful chapter entitled, "How to Slice a Brick" which deals with those experiments which did not quite work out. They understand that while one can sometimes write off bread as "hearty," rather than a failure, other times the situation is more serious. As well as traditional uses for "bad bread" — bread pudding, croutons, stuffing, crumbs — they include a recipe for *Tykmaelk*, a Scandinavian cultured milk dish served with sourdough-rye bread crumbs and brown sugar.

The Laurel's Kitchen Bread Book finishes up with trouble-shooting and a bread baker's handbook. These sections are complete and well-organized, giving attention to such variables as ingredients, timing, ovens, rising places and temperatures, and accessory equipment the appliance-oriented can purchase. A list of sources for whole grains is provided for those who can't buy them locally, and suggested readings cover breadbaking, food politics and economics, history of breadbaking, and so on.

The Laurel's Kitchen Bread Book is a very special cook book, supplying much unique and complete information about whole grain breadbaking. It is definitely directed at the serious bread baker, but anyone who enjoys food, cookbooks and lost arts will find this book fascinating.

cont. page 14

Lean and Healthy, cont.

White Bean Soup with Herbs and Lemon

This hearty but elegant pureed soup is wonderful hot or cold, and with the addition of french bread and salad makes a fine light dinner or luncheon entree. The addition of a steamed vegetable will vary the flavor. Small bright green broccoli flowerets are my favorite.

3 tbsp. chicken or vegetable stock
1 medium onion, sliced
2 stalks celery, sliced
1 medium leek (or another onion)
Saute the above vegetables in stock for 5 minutes.

6 cups chicken stock
1½ cups washed white dry beans
1 bay leaf

1 or more peeled cloves of garlic
Add the above ingredients, bring to a boil; boil for 2 minutes, cover and set aside off the heat for 1 hour.

Simmer slowly 1½ to 2 hours partially covered, or pressure cook at full pressure for 15-20 minutes. Remove bay leaf and puree soup in blender or food processor.

Add to puree:
½ cup nonfat milk, or ½ cup skimmed evaporated milk
1 lemon, grate rind and squeeze juice
3-4 tbsp. minced fresh herbs such as basil, tarragon, and parsley, or ½ tsp. dried herbs and some fresh chopped parsley

The soup will be fairly thick and may be thinned to the desired consistency with additional milk.

Herb and Honey Cookery, cont.

Caraway Coleslaw

serves 6 to 8

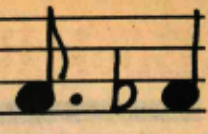
½ medium head green cabbage; finely shredded
2 apples, grated
2 stalks celery, thinly sliced
½ medium onion, grated
1 tsp. crushed caraway seeds
1 carrot, grated (optional)
¼ cup cider vinegar
½ cup mild honey
1½ cups plain yogurt

¼ cup lemon juice
Freshly ground black pepper

1. Prepare vegetables and apples and toss together in a bowl, along with crushed caraway seeds.
2. Heat honey and cider vinegar together in a small saucepan, just until honey dissolves into vinegar. Add lemon juice. Remove from heat and stir in yogurt. Mix well.
3. Toss dressing with cabbage mixture. Add freshly ground pepper to taste, cover, and refrigerate overnight.



Dairy Notes



You may have noticed that the weather has finally cooled off! Yes, folks, it's Fall, and seasonal changes bring the proverbial Good News and Bad News in Dairyland.

The Good News is cooler temperatures mean less stress on refrigeration units, hence, fresher dairy products! Thanks and our apologies to all who put up with perishables perishing pre-pull date (ahh, alliteration.) Seriously, though, the long hot spell did take its toll, not just on products but on equipment too. The compressor in the middle walk-in died, costing us a substantial loss of cheese as well as the price of a new compressor. The new unit replaced a very old one, and should prove considerably more efficient, more reliable, and quieter.

The Bad News is seasonal price fluctuations (read *increases*). If you've bought eggs or goat milk in the last few weeks you've probably already noticed. The folks from Sunnysdale (our egg suppliers) say we can expect another slight increase in price around Thanksgiving (demand increases due to the holidays) and then something of a drop after the first of the year. But the egg price increase isn't all bad news — the good news is that the

jumbos are back, those wonderful brown eggs that don't quite fit in a carton!

PRODUCTS COMING AND GOING:

Solar Tacos and New Zealand Bagels

Not exactly dairy products but living in the cooler anyway, these two new ready-to-eat products are a big hit in the Bay area. Let us know if you like them.

Alta Dena Cottage Cheese

Several members have requested that we bring this product back, and it should be here soon! It is a special order product, so please bear with us as it supply fluctuates, especially as we are establishing a sales pattern.

Nancy's Low Fat Flavored Yogurts

New from independently owned Springfield Creamery (no kidding, you can actually call up and talk to Sue Kesey, the owner. She works there.) Eight full ounces of yogurt plus an ounce and a half of fruit makes this our best deal in flavored yogurt. It's good for you, too — according to *Nutrition Action* (published by Center for Science in the Public Interest) one cup of low fat yogurt provides 415 mg.

of calcium and only 4 gm. of fat.

Dharma Juice

We liked it too, but....We were buying Dharma Juice from West Coast Naturals, a Seattle warehouse owned by Lifestream, Ltd. of Canada. WCN got bought out by another Seattle distributor, NutraSource. For several reasons we have been reluctant to enter into a weekly purchasing arrangement with NutraSource (for details contact a staff person). Dharma's pull dates are too short to buy less often than weekly, so until other arrangements can be made Dharma is temporarily discontinued.

Low Salt Cheeses

We have expanded our low salt cheese line to include three types — cheddar, swiss and pepper jack.

Miscellaneous and The End

Peter Lesser of Pacific Soyfoods (the Soysage people) is about to go into production on a new tofu burger. We are looking into logistics of organic tofu in bulk. Egg Nog will be back soon. Please be sure to pass on any suggestions you have for new products — the suggestion bowl does work. Thanks.

Co-op Roundtable

Distributor relations, management structures, labor-as-percent-of-sales, product mix, margin, shrink and sales — what else would you expect a bunch of co-op folks to talk about when they get together?

That's exactly the kind of discussion the Puget Sound Co-op Federation Food Co-op Roundtable was formed to promote. Bringing together representatives from the Puget Sound area retail food co-ops, the Roundtable first met in July of 1984, and has continued on, providing co-op staff and board members a chance to get together once a month and share resources, ideas, and discuss common problems. (Not all of this happens at the actual meetings, of course.)

Staff members from Olympia have been active participants in the

Roundtable since January. This kind of networking — sitting face to face with other co-ops and discovering our similarities and our differences — serves as both a challenge and an inspiration and gives us one more perspective from which to evaluate our work.

Since January the Roundtable has been a forum for discussions about how the co-ops can and should become involved in wholesale distribution, particularly regarding NutraSource and Starflower. A proposal is in process to develop a holding company as a means of accruing a capital base for the small co-ops. A negotiating team has met with NutraSource board members and with representatives of Starflower to discuss options for future small co-op involvement.

In addition to the distributor issues, Roundtable participants have discussed food irradiation, the Tools for Peace and Justice Project, developing "sister co-op" relationships with Nicaraguan agricultural co-ops, an intra-co-op newsletter, and other related topics. We are also gathering financial and organizational information from the various co-ops in an attempt to determine regional industry standards and trends. Current participants include representatives from Central, Bellingham, Whidbey Island, Tacoma, Port Townsend, Olympia, Phinney Street, NutraSource and Starflower.

The Roundtable meets every third Thursday in Seattle. If you are interested in more information contact Grace at the Co-op.

Labor Report

by Harry Levine

The summer in Olympia is usually a difficult time for people working indoors, struggling to resist the calls of joyous outdoor romps. It's a wonder the Co-op stays open at all. Yet the Working Members (WMs) and staff did manage quite a bit of work at the Co-op this summer, not to mention fun, excitement and eating.

Summertime usually provokes people to travel, making it difficult to fill WM shifts. However, many dedicated and responsible WMs kept the Co-op well stocked, clean, and running smoothly. The WMs also organized WM meetings this summer. Those involved felt very positive about the first three meetings and urge more WMs (new, current, or returning) to attend upcoming meetings. Watch for announcements posted on the front door at the Co-op.

Other news to report is the upcoming WM survey. The Personnel Committee (PC) is drafting a comprehensive survey that will be given to WMs and staff, and is designed to evaluate all aspects of the WM system. The PC hopes the survey can be implemented and have results compiled by the end of 1985.

Working Member Trainings

If you're not a WM, but are interested in becoming one, here are some upcoming training opportunities:

Cashiering — (attend all 3 sessions)

Oct. 16 12:00-3:00

Oct. 23 11:30-4:00

Oct. 30 11:30-4:00

Stocking — (attend all 3 sessions)

Oct. 16 2:00-5:00

Oct. 23 2:00-5:00

Oct. 30 2:00-5:00

You'll receive a 25% discount coupon upon completion of training. More trainings will be scheduled in October. Just fill out an application at the Co-op (it's short and easy) and you'll be contacted in October.

Staff Happenings

Life in the staff world has been

topsy-turvy as usual. We bid farewell to Tim Kelly (and Caper) in late August, the fourth staff person who has left in 1985. Newest on the scene is Helen Thornton, a long time Olympia resident and Co-op shopper. Helen will be doing a little bit of everything at the Co-op, from produce set-up to minor maintenance work.

The Board has been happy that the staff has stuck within the labor budget for the past 6 months. The labor budget was once a thorn, but now seems under control, due mostly to paying staff monthly salary rather than hourly compensation.

Questions?

If you have any questions about staff or working members at the Co-op, ask somebody — Board, staff or working member. Co-ops in general often struggle with labor problems, dealing with balance of power and decision making issues that don't stand a chance of surfacing in the hierarchy of the "normal" non-Co-op world. If we ask questions and remain open, we'll be successful in dealing with difficult issues.

Finance Report

by Beth Hartmann

Co-op finances showed some anxiously awaited improvement in Second Quarter (April-June). Significant improvement in margin (up from 22.15% to 24.76%) gave us a lot more money to work with to cover expenses and get a little ahead for the year.

Margin, or gross profit, is total sales minus what it cost to buy the goods we sold. There are basically three ways that margin can increase: 1) raise mark-ups; 2) decrease losses caused by perishability, damage and shoplifting; 3) rebates and discounts from distributors and producers which lower the cost of goods sold. The margin increase this year has been caused primarily by supplier discounts and rebates. Almost all the specials you see in the store are supplier deals that are passed on to shoppers.

Another significant improvement has been in control of the labor expense.

Due to lower than expected sales growth, the monthly budget for total staff cost was cut to \$9,000. In the past, the labor budget has been hard to meet even at higher levels. But due to careful scheduling and a change from a wage to a salary system, we have come in under budget every month since May. This was made even more challenging by turnover and training of new staff people. The cost of meeting the labor budget, overworked and underpaid staff, is a problem that still needs to be addressed.

Total net income for the first half of 1985 was \$6,779.42. This is good, especially in light of very low income in first quarter. But it is still low compared to the first half of the last few years. In 1984, net income for the first half was \$12,490.61. In 1983 it was \$11,834.19. In 1982 it was \$12,726.35. The Co-op always loses money during the second half of the year, so high income in the first half is necessary to carry us through.

First half income does pull the 1985 operating budget out of the red for the first time. Consequently, some of the

Income Statement Second Quarter 1985

Sales	\$231,375.19
Margin at 24.76%	57,296.78
Other revenue	162.38
Total revenue	\$ 57,459.16
Expenses	
Advertising	\$ 2,265.66
Newsletter	1,060.90
Utilities and phone	3,224.67
Maintenance and repair	1,126.95
Depreciation	3,473.35
Supplies	3,905.21
Staff cost	28,152.69
Taxes	1,680.15
Interest	3,458.84
Other expenses	2,701.31
Total Expenses	\$ 51,049.73
Net Income in 2nd Qtr.	\$ 6,049.73
Net Income for 1st Half	\$ 6,779.42

ANNOUNCEMENTS

second annual oly film festival

Escape from November with the Second Annual Olympia Film Festival, November 8-14, 1985. The Olympia Film Society will stage a repeat of its successful First Olympia Film Festival the second week of November at the State Tri Cinema, 204 East 4th. Nine showings of films per night for seven nights will brighten up your November blues.

The Escape from November theme includes romances, comedies, adventures, science fiction, old classics and animation. Local filmmakers will bring their films to the theater for a special local series. Add a dose of videos and serious films and you've got an exciting festival.

A vigorous volunteer participation propels both the Olympia Film Society and the Olympia Film Festival. A non-profit cooperative, the Society is governed by a volunteer Board of Directors and aided by member-staffed film selection, production, publicity and finance committees. Membership dues and grants support film showings, equipment needs, a cinema library, workshops and newsletters.

Join the Olympia Film Society for a week of good cinema and Escape from November. More information? Call Allison at 754-6670, or 786-9523.



Introduction to Energy Channeling for Health

This 4-week class (offered in Olympia) is an introduction and overview of psychic healing.

Through guided meditation and exercises you will learn techniques for grounding and centering yourself; reading your own and others aura and chakras; and healing using guided meditation and energy channeling.

This class is offered through Alternate Routes Healing Arts Collective and is taught by Karen Greene. The cost of the class is \$30.00 and begins Thursday, October 24, 7pm-10pm. Call 866-0896 or 357-8699 for location of class and to pre-register.

TAI CHI CHUAN — Yang Style

Interested in forming a Tai Chi learning/practice group? Short and long form. Experienced and beginners welcome. Free. Cosette — 357-9476.



store improvement plans written last winter were dusted off and reviewed. In August, the board approved \$4,000 for phase I of a checkstand and front counter upgrade. Plans for this phase include new checkstands to solve the current, confusing arrangement; a new digital scale; and new shelving to open up the front of the store. Display space for body care products, goodies and vitamins will be improved. A later phase, when more money is available, will include new cash registers and more shelving improvements.



Board Report by Harry Levine

Do you know your representatives on the Board of Directors? Here's a listing of Board members' phone numbers. If you have questions or ideas, give them a call.

Lynn Bernstein	866-3789
Alan Brisley-Bown	866-0817
John Calambokidis	943-SEAL
Debbie Janison	357-9925
Steve McLellan	754-6068
Tim O'Connor	352-9524
Bob Shirley	866-8008

Feel welcome to attend the monthly Board meetings, on the third Thursday of each month. They happen in the Back room of the Urban Onion Restaurant, located in the Olympian Hotel, corner of Washington and Legion. Starting time is 7:00 pm.

Agenda items for the months ahead include: determining the 1986 operating budget, capitol improvement plans, determining a grievance process, increasing member involvement, and many more exciting and some just semi-exciting items.



Muffins

Bread Book, cont.

Since most of the recipes from The Laurel's Kitchen Bread Book are lengthy, and involve special consideration and treatment of ingredients, I've included a muffin recipe here which should go well with the soup recipe taken from Lean and Healthy, also reviewed in this issue.

Zucchini Cheese Muffins

2 tbsp. minced onions
2 tbsp. butter or oil
1 egg, slightly beaten
1/2 cup oat flakes
1/2 cup grated Swiss cheese
1 1/2 cups grated zucchini
2/3 cup water
1 1/3 cups whole wheat flour
1/2 tsp. salt
2 1/2 tsp baking powder

Preheat oven to 375 degrees.

Grease a 12-cup muffin tin. Sauté the onions in butter or oil.

Mix the egg, butter or oil and onion, and oats together. Stir in cheese, zucchini, and water. Sift together flour, salt, and baking powder. Add the dry ingredients to the zucchini mixture just enough to mix.

Spoon into the muffin tin and bake 20 minutes.

Working Members

cont. from "Hello"

WHAT IS A WORKING MEMBER?

The main reason members work for the Co-op is that their work earns them a discount on their purchases. But there are other great reasons: to obtain work experience; to learn more about the Co-op and its operations; to meet people; and to fulfill the cooperative ideal of sharing in the labor to meet basic needs.

Working members pay 10% and 25% below regular prices, and a wide variety of jobs are available:

•**Weekly shifts** — Most of the in-store work is done by working members including cashiering, stocking, packaging, produce and cleaning. People in these jobs work the same shift each week for about three hours. Training is provided.

•**Project work** — Members who prefer short-term projects can help with repairs, quarterly inventory, newsletter production, grounds maintenance, or any number of other tasks on an as-needed basis.

•**Committees** — The Co-op has both standing and temporary committees that come together over a particular task or problem. Committees gather information, develop proposals, and make recommendations to the staff, board and membership. Committees can be effective agents for progress at the Co-op.

•**Board of Directors** — Members who are elected to the board receive working member benefits for their participation.

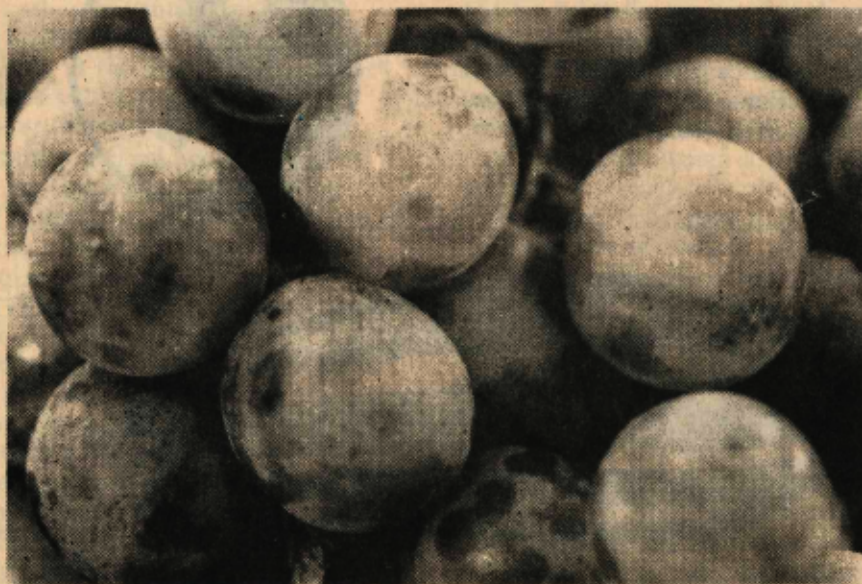
If you want to find out more, a detailed description of working member jobs and compensation is available at the Co-op along with applications for working member jobs. Opportunities for project work are posted in the front of the store on bulletin board and/or front door.

So, welcome to the Olympia Food Co-op! Enjoy the store, enjoy your food, and feel free to become an active member of one of Olympia's most unique organizations.

think global



buy local



WHAT IS IT?

Under age 10? Leave your guess along with your name and your phone number in the newsletter box at the Co-op.

Nobody guessed last issue's **What is It?**, including me! It was a hard one — a roll of plastic bags. Better luck this time, everyone.

ncf

Recipes from Members

Oatmeal Picnic Cake

developed by Barbara Maki

- 1 1/4 cups water
- 1 1/4 cups rolled oats
- 1/2 cup butter or margarine
- 3/4 cup honey
- 1/4 cup molasses
- 2 eggs
- 2 cups pastry flour
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- 1/2 tsp. salt
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. vanilla

Bring water to a boil, and stir in oats. Remove from heat immediately and let stand 20 minutes. Meanwhile, cream together butter, honey and molasses. Beat in eggs. In a separate bowl, mix flour, cinnamon, nutmeg, salt, baking soda, and baking powder. Stir flour mixture into honey/butter. Gently mix in soaked oats, plus vanilla. Combine thoroughly and pour into a greased and floured 9x13 cake pan. Bake a 350 degrees F. for 40-45 minutes. Mmmmmm — try with Barb's Broiler frosting below.

Broiler Frosting

developed by Barbara Maki

Melt:

- 6 Tbsp. butter
- 1/3 cup honey
- 2 Tbsp. barley malt

Stir in:

- 1 cup coconut
- 1 cup pecans, walnuts, etc.

1 tsp. vanilla

Spread on cake when it comes out of the oven and broil for 5 minutes or until brown. Watch it carefully. Cool before serving. Enjoy!



New York Chopped Liver

contributed by Amy Loewenthal

I like to use organic chicken livers (available at the Co-op) for this recipe. The liver is an organ that concentrates any pesticides, hormones, or other substances that agribiz chickens may consume. I feel much better feeding my friends clean-living livers.

1. Thaw 1 lb. frozen liver completely. While waiting, hard boil and cool 3 eggs.
2. Cut small, set aside.
3. Chop and saute 2 or 3 medium onions and 3 cloves of garlic in butter.
4. Throw liver into pan and stir until well cooked. Turn off heat.
5. chop eggs small and mix well into liver.
6. Run the whole mess through a food mill. A baby food grinder works well, a blender doesn't.
7. Add enough mayonnaise to moisten and hold together, add salt, pepper, and garlic powder to taste.
8. Serve on matzoh, Ritz Crackers, or on rye bread with tomatoes.

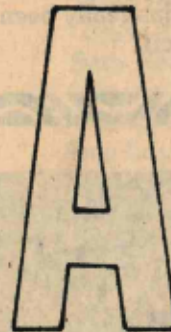
Baked Apples

contributed by Amy Loewenthal

Good with vanilla ice cream, yogurt, whipped cream, etc.

1. Use one apple per person, plus extras for seconds.
2. Wash apples and cut top 1/3 off. Save tops and bottoms.
3. Hollow out bottoms into a bowl. Remove seeds and seed bracts, and chop rest of apple insides.
4. Add some or all of these — raisins, granola, oats, sunflower seeds, walnuts, etc.
5. Stir in honey to coat, and cinnamon to taste.
6. Add little pats of butter.
7. Cram mix into apple bottoms, put tops back on.
8. Put apples in baking dish with 1/2 inch water.
9. Bake at 350 degrees F. for 40 minutes, or until soft and the house smells wonderful.

Note: To prevent apple bottoms from browning while preparing stuffing, cover them with water plus a tsp. of Vitamin C powder



Olympia Food Co-op

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address correction requested

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