

Food Talk

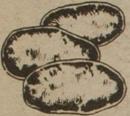
by Laurie Schwarm



For all of you who are ready to have that vegetarian dinner for your parents, co-workers or other unconvincibles, here are the recipes that were starred in last month's menus.



Lentil-Tomato Soup - very hearty - small bowl for first course, or large bowls next time for a main dish.



- 1 c. dried lentils
- 5 c. water
- 1 onion chopped
- 5 carrots diced
- 3 stalks celery chopped

Put these ingredients in a pot and simmer for three hours, adding water as needed. Then add:



- 3/4 teas. thyme
- 1 teas. tarragon
- 1/2 teas. garlic salt
- 1/2 teas. salt
- dash dill weed

Simmer for another half hour or so then add:



1 small can tomato paste and heat through. Garnish with a large dollop of sour cream and serve some more on the side.



Ratatouille

- 1/2 c. olive oil
- 2 large cloves garlic minced
- 2 onions chopped
- 1 lb. eggplant unpeeled cut in 3/4" strips
- 3 tomatoes chopped
- 2 zucchini thinly sliced
- 1 tab. minced parsley
- 1 1/2 teas. salt
- 1/2 teas. pepper

In a large skillet heat oil and add garlic, onions and cook until dark golden in color. (15 mins.) Add remaining ingredients and cook gently about 30 minutes until eggplant is tender and there is only a little liquid left.



Batter Fried Pineapple

- 4 tab. flour
- 2 beaten eggs
- 1/2 teas. salt
- 8 slices canned pineapple

Mix these ingredients and dip the pineapple slices in the batter and brown in hot oil.

Short notes - A recent newspaper article reported that Americans eat 194 pounds of meat per capita each year. A sobering thought.

And - Also a reminder to all you gardeners. Due to the drought in California and the freeze in Florida, all predictions say that the quantity and quality of produce this Spring and Summer will be down and the price will be up. This means we should all plant as many vegetables as we can, and we should concentrate seriously on having a productive and bountiful garden more than ever before. If you have always said "Next year I'll really keep out those weeds and I'll dig in some compost, and I'll plant more..." then this is the year, of all years, DO IT!!



COFFEE, TEA, AND THEE

by Dot Roberts

Almost every American knows that in 1773 a group of American colonists, disguised as Indians, boarded British ships in the harbor at Boston, Massachusetts. They dumped chests of tea overboard in protest at the high taxes imposed by British customs officials. Could that have been the beginning of the almost universal use of coffee in America?

Today Americans are rebelling again - this time against the high price of their favorite beverage, coffee. At the present price of \$3.50 per pound for coffee, who needs to drink the black, caffeine laden brew when there are so many healthful, delicious teas? I'm not speaking of the Oriental teas, which also contain caffeine, as well as tannic acid and flouride which are very harmful to the teeth and many organs of the body.

The teas I refer to as healthful are the delicious herbal teas. If you must have a black concoction to drink, try roasted chicory or roasted dandelion root. At the Mercantile you can buy Roastaroma Spice Herb tea. It contains a blend of roasted grains and roots such as roasted barley, roasted malt, roasted chicory root, roasted dandelion root, cinnamon, allspice, ginger and Chinese star anise. It is a coffee like blend, and you can make it as strong and black as you like it. With whipped cream and honey, it is an after dinner treat without the

harmful caffeine that coffee contains. Another substitute is Pero. Pero is sold at the Mercantile and contains roasted and ground malted barley, barley, chicory, rye, and molasses.

What's wrong with caffeine? First of all it is a dangerous, addictive drug which has been linked to low blood sugar (hypoglycemia), schizophrenia, destruction of the islet glands



found in the pancreas, a rise in blood fats and cholesterol, which leads to heart disease, miscarriages, and stillbirths, as well as fetal death due to damage to the developing brain and central nervous system. The list continues with high blood pressure, insomnia, restlessness, anxiety neurosis, vomiting, muscular tremors, faintness, head aches, rapid respiration, and possibly bladder cancer, and in severe cases, bladder collapse.

It has been estimated that 150 billion cups of coffee are drunk in America each year. Is it any wonder that Americans are taking tranquilizers by the millions to offset their coffee nerves? Delicious, healthful herbal teas will help you in your battle against coffee "jitters." If necessary you can carry the tea bags with you, ask for a cup of hot water, and presto! A cup of brew that will help not harm your health. One of my favorites from the Mercantile is Red Zinger Tea, which makes a pink or red tea, depending on how much of the material you use. Rose hip tea will provide you with Vitamin C.

I quit drinking coffee about 40 years ago; I even drank coffee as a child. At two cups a day that means I have drunk about 27,010 cups of coffee less than some people I know who now have "jittery" nerves and some of the symptoms listed above. Don't drink coffee; drink healthful, delicious herbal teas. One last word - the ingredients in colas, cocoa and chocolate, even in cold tablets, are also harmful because of the caffeine in them. You can substitute carob drinks for colas, cocoa and chocolate.

More on caffeine in a later issue of Public Notice...

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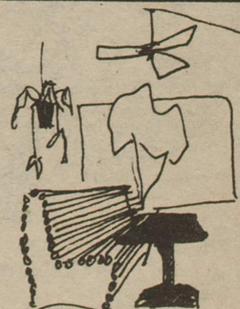
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