

The cool room runneth over THE ICEMAN GOETH

BY MOLLY VAN HEE

Last summer the Co-op began renting a cold storage area in the Lawrence Ice Co. This large antiquated building houses the only space of its kind available in Lawrence. We felt lucky to have it at first due to its convenient location behind the Co-op and cheap rent. In spite of early optimism, it soon became obvious that using the ice house would be a temporary thing. The space was intended for long term storage, not the constant in and out we were doing. Also the ice house hours prevented immediate storage of early and late shipments. A truck was needed to move these large shipments to and from the ice house. Worst of all, increasing Co-op sales and inventory meant that a daily trip was required.

After the long inconvenient winter, investigation began into building a cold storage space of our own. The expense and semi-

permanent nature of a walk-in cooler provoked thought about other problems at our present location. Talk of moving to a new storefront began. What happened next is a whole other story, one I won't attempt to tell. What it led to was the decision to buy our own building or stay where we are and remodel. Remodeling plans include building a walk-in cooler. So, we can keep using the ice house knowing we'll soon move or remodel, right? Wrong!

A couple of weeks ago the ice house was visited by federal health officials. After this routine inspection we were told that rat and mice excretions were found on some of our bags. For several days nothing could be put in or taken out leaving us worried and low on stock in the store. Finally we were required to send several bags of food valued at \$70-80 to the city dump. They were declared unfit

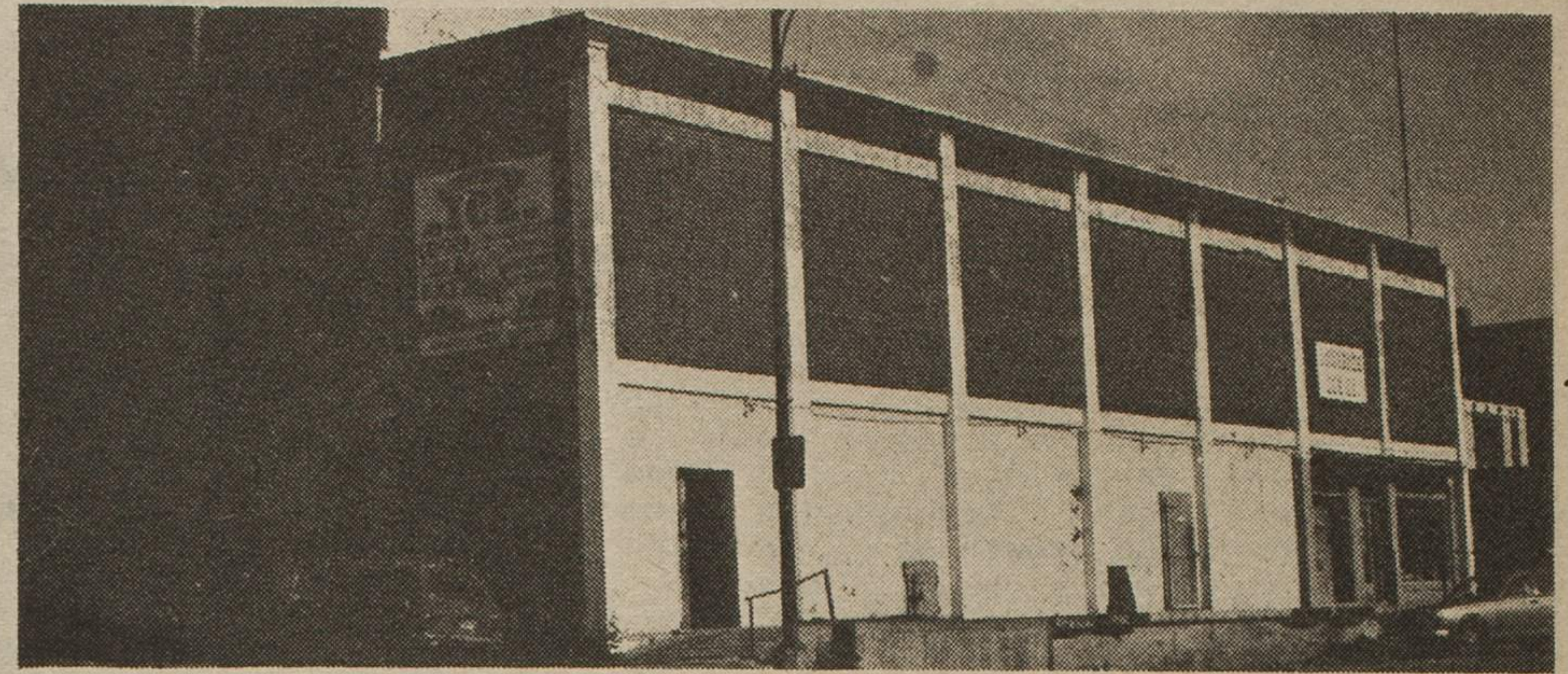


photo Barry McMurphy

for animal or human consumption. The rest of our food in storage was returned. The ice house was required to remodel its cold storage area leaving us with nowhere to put our food. Luckily, the ex-Casbah Cafe is changing hands and has an unused walk-in cooler. We are using it at this time, awkward as it may be. Pos-

sibly we will need another place to locate our food before we have moved or remodelled. If you know of any possibilities, tell a store coordinator. Meanwhile we all need to work a little harder to keep on top of the endless shuffle of food from here to there and back again.

Food Talk

BY LAURIE SCHWARM



Do you have a good recipe for granola? This one was given to me by a friend and I have found it to be the best of the many I have tried. Besides being delicious, it really sticks to your ribs!

For a special and mouth-watering breakfast/brunch try a bowl of this granola topped with cold cup custard and then fresh strawberries. The custard is a creamy smooth companion to the crunchy cereal. And think of the nutrition. You are getting grains, nuts, milk, eggs, and fruit all

in one dish.

- 5 cups rolled oats
- 1 cup wheat germ
- 1 cup coconut
- 1 cup sesame seeds
- 1 cup sunflower seeds
- 1 cup soy flour
- 1 cup powdered milk
- 1 cup chopped cashews or almonds

Mix the above ingredients in a large bowl. In another bowl, stir together:

- 1 cup oil
- 1 cup honey

Combine the two mixtures well and bake on cookie sheets, occasionally stirring, at 325 degrees for around 20 minutes until dark golden.

This makes quite a bit of cereal, about a gallon jar full and the recipe can, of course, be varied (add raisins, dates, more of one ingredient, etc.).

Signing off until next month, here is a favorite small poem by William Carlos Williams.

THIS IS JUST TO SAY

I have eaten
the plums
that were in
'the icebox.

And which
you were probably
saving
for breakfast.

Forgive me.
They were delicious
so sweet
and so cold.

VERBENA BAKERY & THE STAFF OF LIFE

BY CHUCK MAGERL



photo Diane Luber

The aroma and lure of fresh-baked bread is an attraction few people can resist. There's just something about the rich, healthful taste, and the wonder of the bread-making process. Nan Martin found herself caught in this curiosity several years ago and is now involved in a bakery providing bread for several hundred people in Lawrence.

Nan operates a natural foods bakery in the Community Mercantile Co-op, selling bread, cookies, buns, rolls, and cakes to the co-op grocery and the Sister Kettle Cafe. The ingredients for her products indicate her concern for making the highest-quality bread available.

"All the flour we use here is whole wheat, stone-ground flour, usually milled about 5-6 hours before we use it in the bread," Nan said. "The freshness of the flour

guarantees the presence of vitamins that begin to change or fade soon after grinding. For sweeteners we primarily use raw, unfiltered honey, higher in minerals and enzymes than pasteurized honey."

Nan's ingredients also include unrefined, preservative-free oils, sea salt, and various combinations of seeds, raisins, rolled oats, and other grains. Her concern with the nutritional value of the bread is the result of a steady process of learning and practical application over the past seven or eight years.

"I had a friend who worked in Anna Berger's health food store and her father raised bees for honey," she recalled. "She introduced me to the ideas of natural foods and set me wondering about the real value of the food I was eating. The idea for a bakery began when

I moved to Santa Barbara, California for a couple of years and got to see several natural foods bakeries in operation there. It felt like a good way to make a livelihood and I guess the fascination kept ahold after I moved back to Lawrence."

After returning to Lawrence, Nan helped start the Cornucopia Restaurant, began making granola for the new food co-op, and as the co-op moved to its present location, found an opportunity for a bakery. She purchased some used equipment in Kansas City and has been in business for two years.

One of the subtle characteristics of those two years has been the conscious non-commercialness of the bakery. Advertising and aggressive promotion were never necessary because there was no other natural bakery in the Lawrence-Kansas City area. In fact, Nan has actually quit baking for the 4 or 5 businesses in Kansas City that once bought from the bakery, explaining, "I'm not an entrepreneur. I value my free time and enjoy the opportunity to not work. I live frugally so the money I make seems fine. I don't make a killing but I do make a living."

The luxury of not having competitors in the market has allowed Nan the freedom of scheduling her time to include activities such as repairing her house in the Pinckney area, crocheting, and sports. On the go in all seasons, Nan has sponsored city-league women's teams in softball, volleyball, and basketball, as well as playing on the co-op's co-ed softball team.

Perhaps it's this balance between

work and recreation that provides the continuing energy for Nan's baking job. In any case, those of us without the time or energy to bake our own don't have to go without-thanks to Nan!

Free for All!

BY DOT ROBERTS

How would you like a food that is free, easy to obtain, and very healthful? It can be used as a tea or for a delicious green salad. It has a French name - dent de lion (lion's tooth). We call it dandelion. British researchers have found dandelions have 12 times more Vitamin A than lettuce, 3 times more Vitamin C, 6 times more niacin, 4 times more calcium, a goodly amount of zinc, and 4 times as much organic iron.



Pick out your patch of free, young dandelion leaves (be sure no poison has been used on the area), wash and sort them, and fill the bowl. Other fresh vegetables may be added - slivered or scraped carrots, red cabbage strips, and avocado pieces. Vinegar or salad dressing may be added as desired. Yum, Yum, Delicious!