

Supermarket cont.

over 90 percent of asparagus production in Mexico. In 1973 the firm paid American asparagus farmers 23 cents a pound for their crop. At the same time, Del Monte's Mexican contractors received 10 cents a pound.

Since labor costs account for up to 70 percent of the cost of growing vegetables, the company translates cheap labor into greater profits.

Since 1975, white asparagus has no longer been grown commercially in California at all. And production of much of the rest of the domestic crop has been shifted to Mexico.

Meanwhile, multinational agribusiness has dramatically altered the availability of food for Mexico's local population. Only a few years ago the national production of many fruits and vegetables was sufficient to keep prices low enough for lower-income families to eat some of these local products, at least occasionally. But now crops grown for the Global Supermarket often crowd out more nutritious crops for local consumption.

The land that is now contracted by Del Monte for asparagus production, for instance, once grew corn, wheat and sunflower seeds for local consumption.

The shift in production priorities has even made beans—a staple of the Mexican diet—a luxury item for Mexico's poor.

And like in Senegal, while local people go without, tons of perfectly good produce are destroyed because of market conditions in the importing countries. According to a Harvard Business School study, at least 65 percent of the fruits and vegetables produced in Central America for export are "dumped or, where feasible, used for animal feed" due to an over-supplied market in the U.S. or because the food does not meet the high "cosmetic" marketing standards here.

Because competition in the Global Supermarket is so strongly linked to cheap land, labor, and federally funded irrigation, agribusiness depends for its survival on the maintenance of underdevelopment.

It is a vicious circle: To supply food for the developed world, firms must maintain chronic underdevelopment in Latin America, Africa and elsewhere. The underdevelopment, in turn, ensures the continuing absence of a strong domestic market, which alone could shift production toward meeting local food needs and feeding the world's poor.

Facing Skin Problems With Vitamins

At this season of the year a great many people are bothered by skin problems, due in a large part to the harshness of the many chemicals in city water. Another contributing factor is the changes in the weather. Lack of certain food elements cause many skin problems.

Poor skin often indicates a shortage of B-2, called riboflavin. One excellent source of riboflavin is liver; a 3½ ounce serving provides three times the suggested daily allowance. Other sources are cheese, milk, poultry, and eggs. Aging skin needs pantothenic acid which is found in yeast, egg yolk, oats, alfalfa, whole milk, kidneys, liver, and brains. The richest source of all is royal jelly of the honey bee.

A common skin problem, especially for young people, is oiliness of the skin often with acne as the result. There are now nutritionally-minded physicians, among them Dr. Neil Solomon, who correct subclinical nutritional deficiencies. He corrects a whole range of beauty problems caused by the lack of some important food element. For example, a girl miserable with pimples and blackheads found relief in Dr. Solomon's recommendation that she eat more deep gold and dark green



new season



CMCU Two Years Later

The month of November represents the second anniversary of the beginning of the Community Mercantile Credit Union. The month will be marked with informative posters and flyers explaining the role of the credit union in the co-op community and the services it offers to its members.

Over three hundred co-op members have joined the credit union in the first two years. The main attractions have been the insured savings program, low-interest loans, and free checking services. As the credit union has grown, the savings interest has risen from 3½% to 4% to the present rate of 5%. And the accounts are each insured to \$40,000, just like those other banks. Our difference is that we loan our members' savings out to other members for their needs and to groups like the food co-op, Public Notice, Sister Kettle, and local organic farmers. And new services are on the way.

The month will end with a members' meeting and dinner at Sister Kettle Cafe where we'll exchange pleasantries, toss around a few new ideas, and vote for our new officers. Now, when was the last time you voted for the president of your bank? Check us out!

earning
5%
cmcu



spirits co-op

The frantic effort of moving and the hub-hub of new surroundings at the co-op has relaxed to a pace of ever increasing business, with new members joining and old members finding more of their food needs at the larger store.

And even more can be anticipated as new ideas are brought up at re-orientation discussions, and questionnaires return with members' views on stocking policy.

Our bakery is open again, organic produce is arriving weekly, and apple cider is at its peak flavor.

But all these physical changes at the co-op may be over-shadowed by the re-organization of the operation and decision-making, as proposed in the work team outline, scheduled to take effect in December.

NEW SOY NOTES

Finally. The first issue of SOYCRAFT has just been published by a Lawrence couple. The quarterly tabloid is a sounding board, an exchange for people across the country interested in the uses and production of soybean food. Danette and David Briscoe co-ordinated the project, selecting articles on producing miso in the Ozarks, starting a tofu shop, and tempeh making in Nebraska.

The \$4 subscription price brings four issues of the tabloid and occasional news briefs through the year. Write; P.O. Box 1178, Lawrence, KS. 66044. Also available at the Community Mercantile Co-op, Seventh and Maine.

BY DOT ROBERTS



vegetables and fruits for their Vitamin A content. This alteration in the girl's diet helped to eliminate the pimple and black-head problem. Foods in the Vitamin A category include carrots, spinach, turnip greens, lettuce, golden cantaloupe, parsley, kale, and broccoli. Other sources are eggs, liver, milk, butter, and kidney. Dr. Solomon says he prefers to recommend foods to eat

and grow beautiful on rather than "shots," except for the more severe cases of nutritional deficiencies.

For some people with oily skin, B-6 has been recommended. Adding two bananas and a serving of pork each week together with other B-6 rich foods such as lima beans, potatoes, liver, milk, oatmeal, yeast, veal, and

wheat germ improves the condition of oiliness of skin. Now that the Pill is in common usage Dr. Paul Gyorgy, the discoverer of B-6, believes that women should take at least 25 milligrams of B-6 daily. Pill users also require more folic acid or folate, which is secured by eating asparagus, liver, and spinach.

Dr. Solomon has treated problems of the hair and teeth by the same method of recommending certain foods to correct the nutritional deficiencies. Excessively dry skin can really be a problem for some people. Niacin or B-3 can help to correct the deficiency. Generous amounts of lean beef and mushrooms should be added to the diet to end the shortage of niacin. Mushrooms are rich in niacin and several minerals, according to Dr. Solomon. He is connected with Johns Hopkins University School of Medicine in Baltimore and he is Secretary of Health and Mental Hygiene in Maryland.

A free booklet "Facts about Nutrition" can be secured from The National Institute of Arthritis, Metabolism, and Digestive Diseases. The address is NIH (National Institute of Health), Building 31, Room 9A04, Bethesda, Maryland 20014.