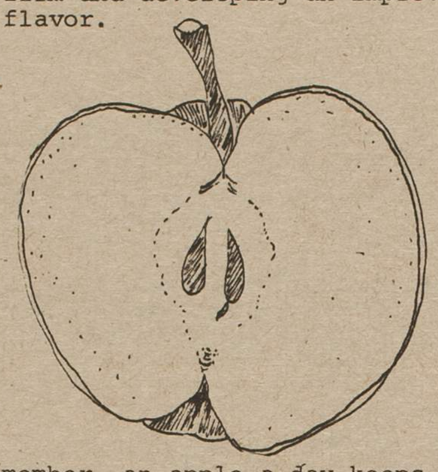
Food Talk

BY LAURIE SCHWARM

There is something so nice about seasonal foods. They mark the progression of seasons and the passing of time in a symbolic way. Certainly asparagus is the harbinger of spring, red, ripe tomatoes the sign of summer and apples the essence of autumn. These foods give to the eater a tangible expression of the glory and specialness of that particular time of year.

Apples, originally an Asian food, are available to us all year long but they are in their best form from September to January. There are numerous varieties of apples, all of them valuable sources of Vitamin C and calcium.

--Jonathans are probably the all time favorite munching variety, tart and crisp, and good for cooking too.
--Red and Golden Delicious are sweeter and have a softer pulp.
--Pippin, which the co-op has luckily been able to get and which are not available at any other Lawrence grocery, are tart and great for cooking or eating.
--Rome Beauty are supposedly the best baking apples, remaining firm and developing an improved flavor.



Remember, an apple a day keeps the doctor away and also the dentist, as biting into a hard apple cleans plaque off teeth.

FRIED APPLES
(good with pancakes, good with pork)
For four people slice five or six apples into ¼" slices or rings. Heat butter, or if you eat bacon, bacon grease, in a skillet to cover. Dump in the apple slices and fry over medium heat until soft and slightly browned. Sprinkle with cinnamon if desired and serve..

APPLE MUFFINS
Beat together:
1 egg
¼ cup safflower oil
¼ cup honey
½ tsp. freshly grated lemon peel
Sift in:
1½ cups unbleached flour or whole wheat pastry flour
1 Tbsp. baking powder
½ tsp. salt
½ tsp. cinnamon
¼ tsp. allspice
few gratings of nutmeg
Stir only enough to moisten dry ingredients. Fold in:
1/3 cup diced apples
2 Tbsp. chopped pecans or walnuts.

Fill buttered muffin tins 2/3 full. Bake 375° for 20 minutes. 12 biggies.

Lawrence will host the first in a new series of co-op federation meetings early in January. Co-ops from cities and rural areas of Kansas will gather to share ideas and formulate strategies for a larger federation meeting in late spring.

The plan for 5 regional conferences was developed at a September meeting outside St. Louis, Missouri. This is to be the first step in an effort to foster greater participation in co-op networking and promote more local dependence.

Regional News

Volunteer workers have held the Fayetteville, Arkansas, Ozark Food Co-op together through the past month of disarray.(See Co-op hits skids, last issue.) Debts have been reduced, rent payments met, and food is once again being sold through the store. But the co-op's future is far from settled and regular meetings are still called to discuss proposals.

One proposal outlined the regional co-op warehouse in Fayetteville assuming ownership and control of the store by expanding its worker collective to cover the operation. This scheme was dismissed by the warehouse workers after several meetings, realizing the stress of collectively operating two businesses simultaneously.

choices challenged cont...

The committee's call for dietary changes is complemented with pages of explanations, testimony, and graphs. But as Dr. Hegsted of the Harvard School of Public Health advised, there are no definite conclusions, only safer assumptions:

"There will undoubtedly be many people who will say we have not proven our point; we have not demonstrated that the dietary modifications we recommend will yield the dividends expected. We would point out to those people that the diet we eat today was not planned or developed for any particular purpose. It is a happenstance related to our affluence, the productivity of our farmers and the activities of our food industry. The risks associated with eating this diet are demonstrably large. The question to be asked, therefore, is not why should we change our diet but why not? What are the risks associated with eating less meat, less fat, less saturated fat, less cholesterol, less sugar, less salt, and more fruits, vegetables, unsaturated fat and cereal products-especially whole grain cereals. There are none that can be identified and important benefits can be expected."

It's discouragingly government-like to find a group of legislators recognize a danger like American mis-nutrition, and yet not know how to act. In an age where experts claim over 50% of TV food advertisings are anti-health pitches, this Senate committee proposes government committees and more research groups, thus postponing any real aid or action. They realize the power of advertising in determining food choices, particularly among the poor, but profess nothing more than a lame plea to the industry to "help as they can."

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