

SUGAR cont.

of decreasing quantity so the most abundant ingredient is listed first. Don't be fooled by the many names for sugar - glucose, fructose, galactose, sucrose, dextrose (glucose), levulose (fructose), natural sweeteners - some products use several.

- 5) Substitute high protein snacks (cheese, cottage cheese, hard boiled eggs, yogurt, soy nuts, or fresh fruits and vegetables) for sugar.
- 6) Use other spices (nutmeg, cinnamon, etc.) to add flavor to your food.
- 7) Reduce the sugar called for in standard dessert recipes -

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| | MG. IRON | MG. THIAMINE (B1) | MG. RIBOFLAVIN (B2) | MG. NIACIN (B3) | MG. CALCIUM | % SUGAR |
|---|------------------|-------------------|---------------------|------------------|-------------|---------|
| RECOMMENDED DAILY ALLOWANCES | | | | | | |
| ADULT FEMALE 18-35 YRS 128 POUNDS 5'4" | 15.0 | .8 | 1.3 | 14.0 | 800 | |
| ADULT MALE 18-35 YRS 154 POUNDS 5'9" | 10.0 | 1.2 | 1.7 | 19.0 | 800 | |
| BROWN SUGAR 100 GRAMS 2/3 CUP | 3.4 | 0.01 | 0.03 | 0.2 | 85 | 96.4 |
| HONEY 100 GRAMS 1/3 CUP | 0.05 | trace | 0.04 | 0.3 | 5 | 77.42 |
| WHITE SUGAR 100 GRAMS ABOUT 7/16 CUP | 0.1 | 0 | 0 | 0 | 0 | 99.5 |
| DARK (BLACK STRAP) (THIRD EXTRACTION) 100 GRAMS 1/3 CUP | 16.1 | 0.11 | 0.19 | 2.0 | 684 | 55 |
| BARBADOS MALASSES (CURSULPHURED) 100 GRAMS 1/3 CUP | (not determined) | .06 | .20 | (not determined) | 245 | 70 |

* BY FOOD AND NUTRITION BOARD - NATIONAL ACADEMY OF SCIENCES NATIONAL RESEARCH COUNCIL, PUBLICATION 1143

you might actually like the flavors of other ingredients when they are given a chance.


There is more to sugar than its nutritional characteristics (or lack thereof). Its political and social history is pretty sordid and may give you reason enough to cut it down or out of your diet. But more about that in future issues. In the meantime, does anyone have any information to contribute on corn syrup, malt syrup, or maple syrup? My sweet tooth is still looking for an "out."

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COMPOST: PILING IT ON

By Patsy McCoy

Community Mercantile members will be seeing a new task on the daily "to do" list. Two compost piles have been started in back of the bakery. The project has grown from the need to use the waste from the fresh produce coming into the store.

As most of you may already know, compost is a mixture of soil and partly decayed organic matter or humus that is used to improve garden and potting soils. Natural compost is found in wooded areas where years of decaying leaves and fallen trees, animal droppings, and moisture have built up a soft, springy floor of soil that is dark, moist, and rich in plant nutrients.

Compost piles allow a more rapid decomposition than that found in the woods when the materials used in layering are broken first into small pieces.

Properly prepared, it is free of weeds and odor. The heat produced by the decomposition will naturally discourage dogs, rats, and flies.

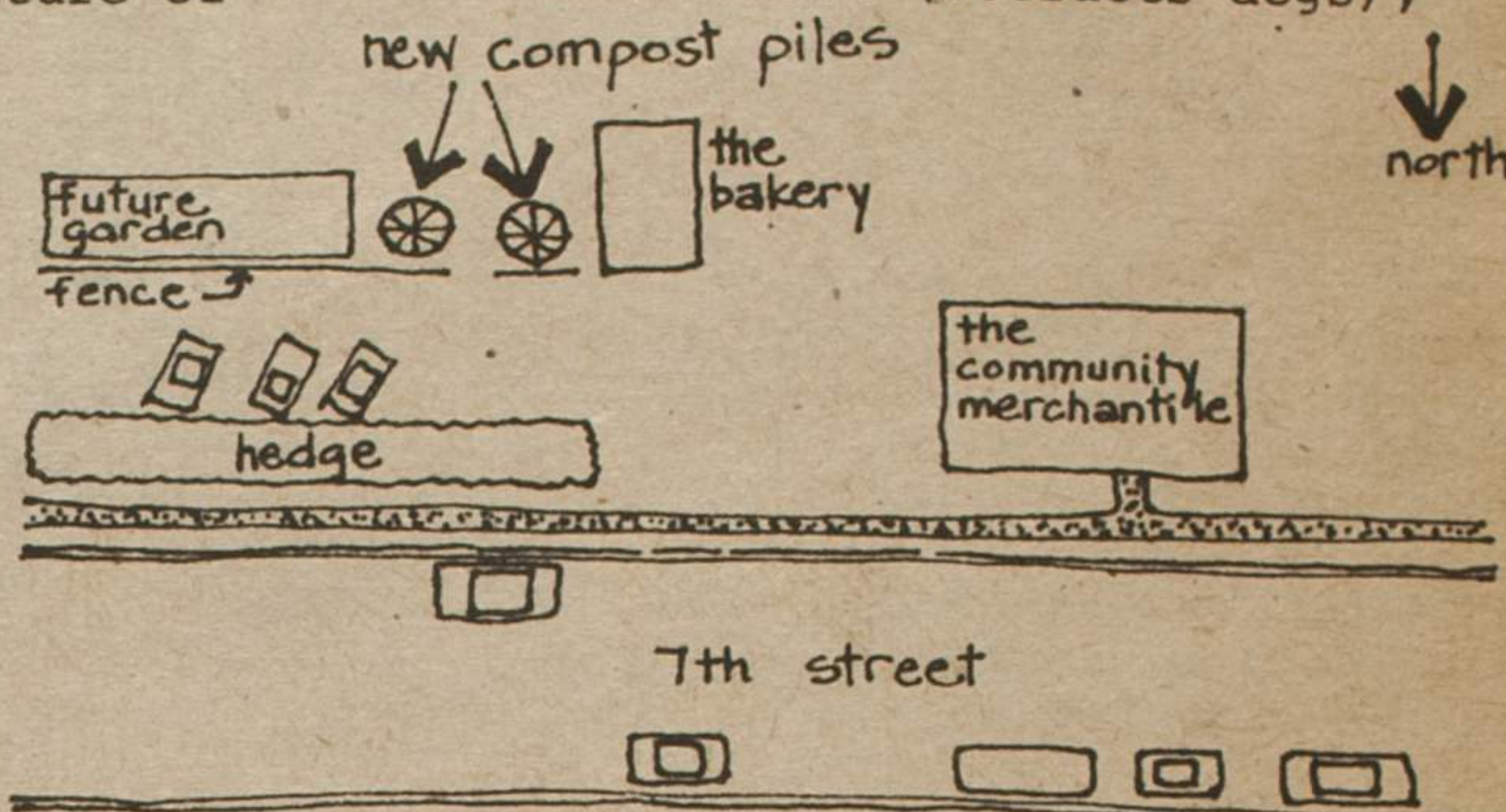
Since we have just begun, there is still lots of room for new knowledge and suggestions. Here is the procedure we are using so far:

- 1) Clean out and gather any vegetable scraps.
- 2) Pour the vegetable and fruit waste on top of the compost pile. Cover that with 2 to 6 inches of dry matter such as leaves, grass clippings, or straw. Then cover that with a layer of soil or manure. Other layering materials may include sod, sawdust, crushed

corn, cobs, wood ashes.

While layering the materials, create a "dish" shape on the surface with the center of the pile lower than the outside edge.

- 3) Certain materials should not be added to the pile: no meat waste (attracts dogs),



no dairy waste, no cloth or paper (attracts rats and mice.)

- 4) Every 60 days or so, the piles should be "fluffed." This is done by cutting into the pile vertically with a shovel and then turning and mixing. Fluffing aerates the compost and assures even heat distribution.

We can use compost materials from peoples' homes and lawns to fill out the piles. Large plastic containers with lids will be for sale through the Mercantile, handy for collecting "compostable" garbage at home.

Future plans for the compost are flexible. Some of it will be used to start a garden in back of the bakery. Naturally, new knowledge, suggestions, ideas are welcome. Contact a store co-ordinator or Patsy McCoy 843-0984 or Bruce Thomas 842-7052.

Eating Wild cont.

the red sumac, strip the berries off the larger and smaller twigs as much as possible because these twigs contain tannic acid. Let the berries stand in water three or four hours. Stir and smooch them with a wooden spoon occasionally. The water will turn dark pink. Strain through a clean cloth and chill. It stores well in the fridge. You can make this quite strong and then dilute it to your own taste as you use it. Art likes to use it as a mix for whiskey. Some people like to sweeten it but it's real good by itself. Sure beats Kool Aid!

Another Vitamin C packed seed is Rose Hips. They're the bright red berries appearing large or small on rose bushes this time of year. It's the fruit of the rose. Pick them, get alot of scratches, dry the berries and store for winter use. Grind them when ready to use. They're great by themselves or mixed with mint or other kinds of tea.

Two things come to mind here. 1) When you store teas in a jar make sure they are completely dry or they will mildew. 2) When you make teas from leaves and berries never boil the substance in the water. Pour the boiling water over it and let it set for about 3 minutes. The essential oils are lost in the steam if you boil it directly.

One of the most conspicuous wild edibles of this season is the Persimmon. They are the bright orange fruits which turn normal looking trees into oriental-like masterpieces. Always make sure they're ripe before you eat one (the skin should slip off easily). Unripe persimmons taste like a mouthful of alum. Do not eat the skin as it is undigestible. Persimmons make great pudding, there's a good recipe in the Joy of Cooking. These and all soft fruits are easy to make fruit leather which easily rivals the store-bought kind and makes great Christmas presents.

Take 2 cups pureed fruit such as strawberries, apples, pears, apricots, or persimmons. Add about one teaspoon of honey if desired. Pour onto plastic wrap lined cookie sheet or baking sheet. Spread evenly to a bare minimum thickness. Bake at 150 degrees oven for four hours with door ajar. At this temperature, the wrap won't melt. I dried my persimmon leather on top of our heating stove by raising it off the stove surface on bricks so it wouldn't burn. You can also experiment with mixing different kinds of fruit and by putting different spices in it.

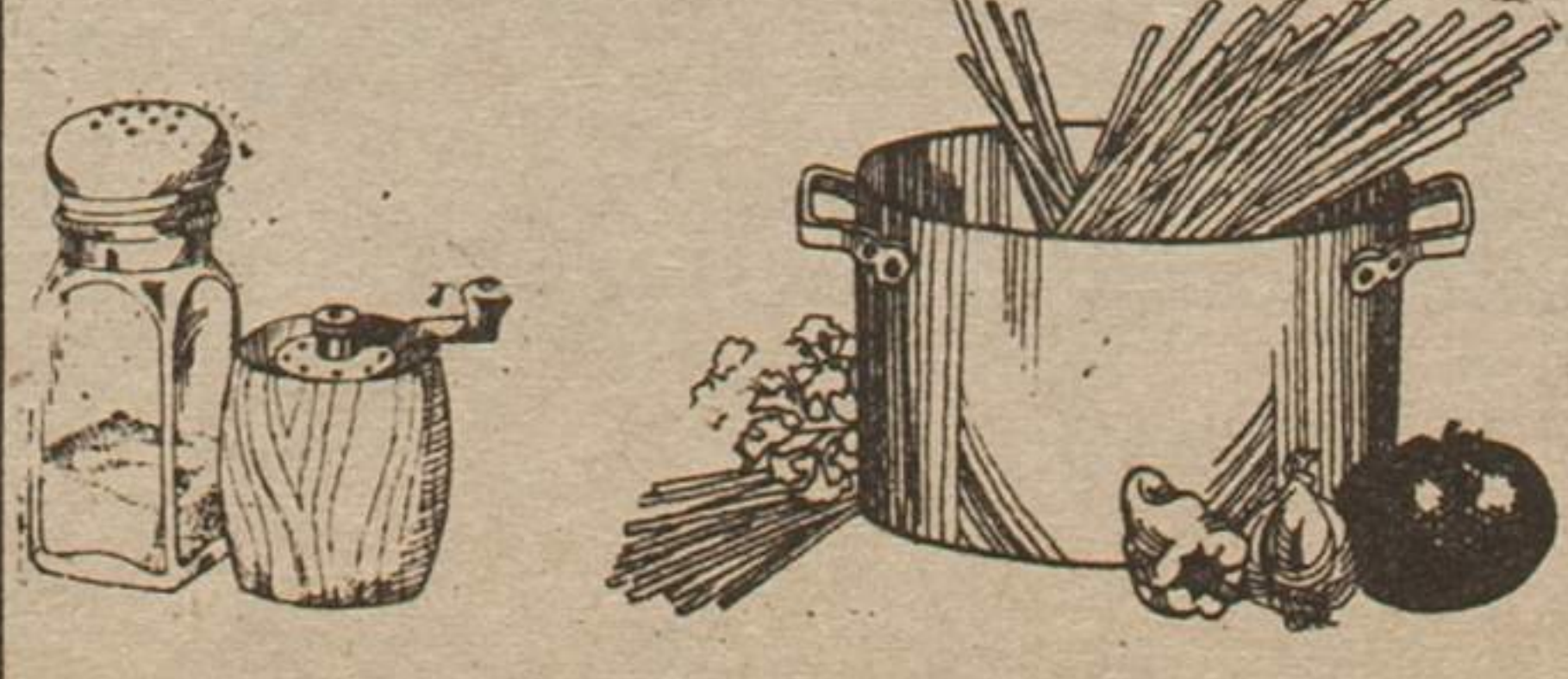
I will be happy to assist one and all in their search for wild edibles and otherwise useful plants. Call 842-4418 and I'll try to be of service. For now, thanks for your time and remember - EAT WILD!

the Bay Leaf

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