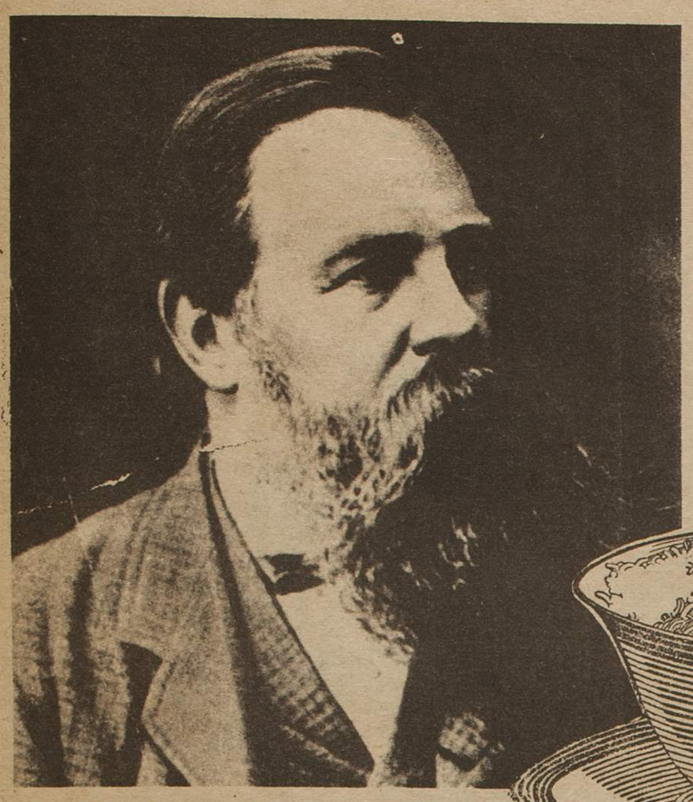
SCIENTIFIC GRANOLA



Engels

by

Ace

Thompson

The concept of Scientific Granola first occurred to me in the spring of 1977. Since that time I have made several qualitative modifications until I felt, at last, it should be known to the public. The name, "Scientific Granola", is a parody of Engels' Socialism; Utopian and Scientific. The humor complements the accurate description of principles used in formulating this mixture. (The original words are provided in parentheses for those not familiar with the passage.)

"These two great discoveries, the materialistic conception of nutrition (history) and the secret of protein (capitalistic) production through surplus amino acid value (surplus value), we owe to Marx. With these great discoveries granola (socialism) became a science."

The "secret of protein production through surplus amino acid value" refers to the technique of complementing proteins. The information was adapted from Frances Moore Lappe's Diet For A Small Planet. Complementing proteins is roughly analagous to dialectics. Two opposites, e.g. one protein source deficient in an amino acid and one overly sufficient in it, enter into a relationship in which the surplus is appropriated by the first in order to synthesize a complete protein. Each serving (1/3 cup) provides 6½ grams of complete, usable protein.

By "materialistic concept of nutrition" I mean that I have objectively chosen the ingredients on the basis of nutritional value. The empirical investigation of the elements necessary for complementary proteins and general good nutrition is roughly analagous to Marxian materialism. Believe it or not, it was Ludwig Feuerbach, the 19th century German materialist/philosopher who profoundly influenced Marx, who coined the phrase, "Man is what he eats." In German it is a pun, "Mensch ist was er isst."

This granola contains no sweeteners from simple sugars, e.g. sugar or honey, which contain little or no vitamins, minerals, or fiber. Seventy-nine percent of the protein is in its raw, natural state, while ninty percent of the calories are from raw sources. Therefore, precious nutients remain intact. The Max Planck Institute For Nutritional Research has demonstrated that one only needs ½ the protein requirements in their diet if the protein is raw. The fat content in this mixture is 5½ grams per serving, most of which are polyunsaturated, essential oils. Total calories are 172 per serving.

The Recipe:

- 3¼c buckwheat
- 2 c millet
- 1 c sunflower seeds
- 1 c raisins
- 1 c dried apples
- ½c sesame seeds
- ½c roasted soy nuts (chopped)
- ¼c cashews (chopped)
- 4T non-fat, non-instant milk
- 4T nutritional yeast
- 3T cinnamon
- 2t nutmeg
- water

Cut apples into small pieces. Soak them in water with the raisins for about a minute. Drain and place in a bowl. In a small bowl mix the yeast, dried milk, and spices, then pour it over the dried fruit. Mix evenly, scraping the sides of the bowl to remove caking on it. This technique causes the powdery ingredients to adhere to the dried fruit, preventing them from sifting to the bottom. Mix remaining nuts, seeds, and grains in and place in a large jar. Makes about 2/3 gallon or 30 servings. (The above parody should be conspicuously displayed on the jar.)

This granola has a unique taste that becomes addicting only after one has acquired a taste for it. Beginners may find these tips helpful:

1) get a raisin or apple in every bite
2) eat slowly and chew each bite for a long time
3) a spoonful of lecithin on top is pleasing
4) try it on fresh fruit(esp. bananas)
5) try it with milk or yogurt.

"We have this tendency in the food industry toward providing products that are highly refined, which contain only a bare minimum of the nourishing quality you can get in the whole food it attempts to replace."

Dr. Ross Hume Hall, speaking in Kansas City cited a list of processed foods that are little more than a greedy scheme to hoodwink shoppers. One item on the list, textured vegetable protein, or TVP, is sold in some stores as a "natural foods" product.

TVP is a form of artificial meat manufactured from soybeans. Soybeans are high in protein and are a very nourishing food, but to make TVP, the soybeans go through extensive processing. According to Dr. Hall, "The soybean is extracted with gasoline so as to remove the oil; it is then extracted with alcohol, followed by hydrochloric acid to remove the starch material. The so-called protein flour is then dissolved in lye. The lye solution is forced through a spinneret into an acid bath and the protein precipitates out in threads which wind up on the bottom. The protein threads are cemented together, dumped in various solutions to give it color, flavor, and chopped in little pieces."

"When you take protein out of its context and manufacture an artificial product like TVP, you no longer have any kind of equivalency with respect to the effect of meat, which contains more than just protein. These products can in no way be considered the nutritional equivalent of any meat product they replace."

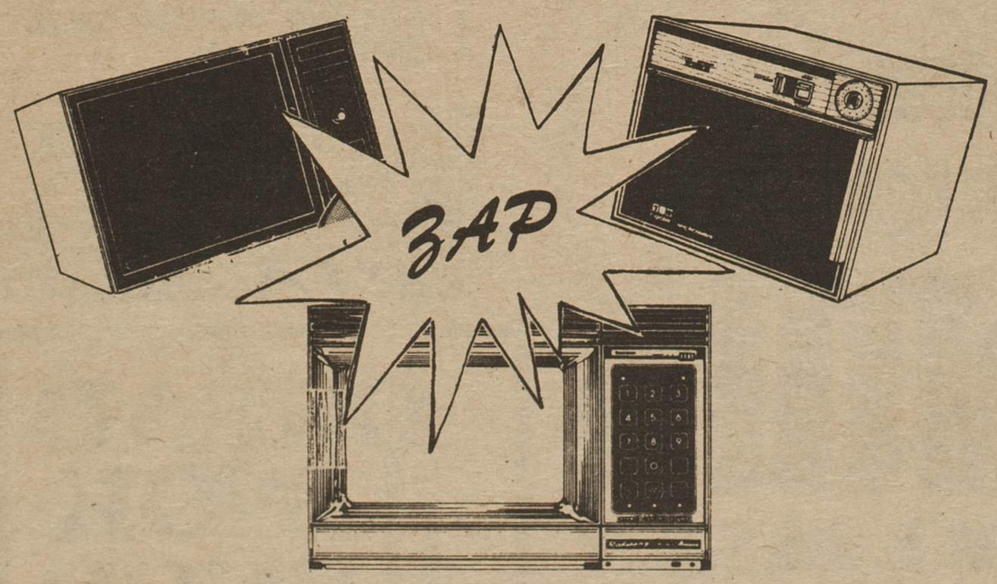
Dr. Hall is the author of Food For Naught, the Decline in Nutrition, and a past chairman of the Canadian Biochemical Health Sciences Centre in Ontario. Thanks to Kansas Organic Producers News

COOKING YOURSELF QUICK

Remember the fuss about American embassy personnel in Moscow being harmed by microwaves which the Russians were using to eavesdrop (or to jam U.S. eavesdropping devices)? Well, it turns out that the level of radiation involved was less than half of the legally permissible radiation leakage twenty inches away from a microwave oven.

Microwaves - from radar, communication signals, ovens, and other sources - are potentially dangerous in two ways. Big doses of the radiation can heat up vulnerable parts of the body just like they cook food; barely noticeable heat can cause cataracts in the eyes. Smaller doses over a long period of time are thought by some scientists to affect the blood and the nervous system, causing headaches, anxiety, fatigue, and similar symptoms. Blood cancers and birth defects are also suspected.

The U.S. Bureau of Radiological Health (BRH) has set its standards for microwave ovens low enough to ward off the first kind of danger. The ovens must also contain warning against use with doors that aren't or won't shut tightly. Still, last year the BRH had to force General Electric to recall or repair 36,000 ovens made from 1973 to 1975 that were suspected of leaking more than the BRH allows. GE balked at first and insisted that hearings be held to prove the danger; faced with mounting evidence, the company gave in.



As to the danger from the low level of radiation which the BRH allows to escape, the agency admitted in 1963, "The long-term bio-effects of chronic low-level microwave radiation have not been investigated in this country." In the Soviet Union where, it turns out, they have been studied, standards are much tougher. The Soviet acceptable level for workers exposed to the radiation is 0.01 milliwatt per square centimeter; the U.S. standard is 10 milliwatts - 1000 times higher.

The BRH standard for microwave ovens is 5 milliwatts of radiation measured two inches away from the oven, which is equivalent to 0.05 milliwatts at twenty inches. The highest level of radiation measured inside the U.S. embassy in Moscow (which provoked official demands that the Soviets stop beaming the microwave signals) was just under 0.02 milliwatts.

It appears that at least until the dangers are more carefully studied, owners and potential buyers of the ovens should beware: you may be cooking more than food.

(Author Paul Brodeur researches the varied effects of microwaves in the book, The Zapping of America.)
Thanks to the Southern California food movement newsletter.

You're invited to the Alternative Medicine Show. Different subject every Sunday at 6:30 pm in the Council Room of the Kansas Student Union. Current subject for week announced on the bulletin board at the co-op

Also you may attend a class to learn wild edible and useful plants in this area. Meet at 916 Tennessee Sundays at 2:00 when the weather will permit field trips.

On March 31st and April 1st, Dr. Harold Keller, a mycologist at Wright State University, Dayton, Ohio will conduct "fungi days" at the Land Institute in Salina (see article on page 10). Friday night he will give an informal lecture followed by a reception. Saturday morning at 9:00 AM participants will be instructed on how to identify, collect, and prepare mushrooms. In the afternoon Dr. Keller will lead a foray to nearby wooded areas to collect mushrooms. Specimens will be brought back to the Land Institute for dissection and identification. An instruction packet will be provided for each participant. Bring a sack lunch. You must register by March 26 and the cost is $5.00. Write the Land Institute, Rt. 3, Salina,