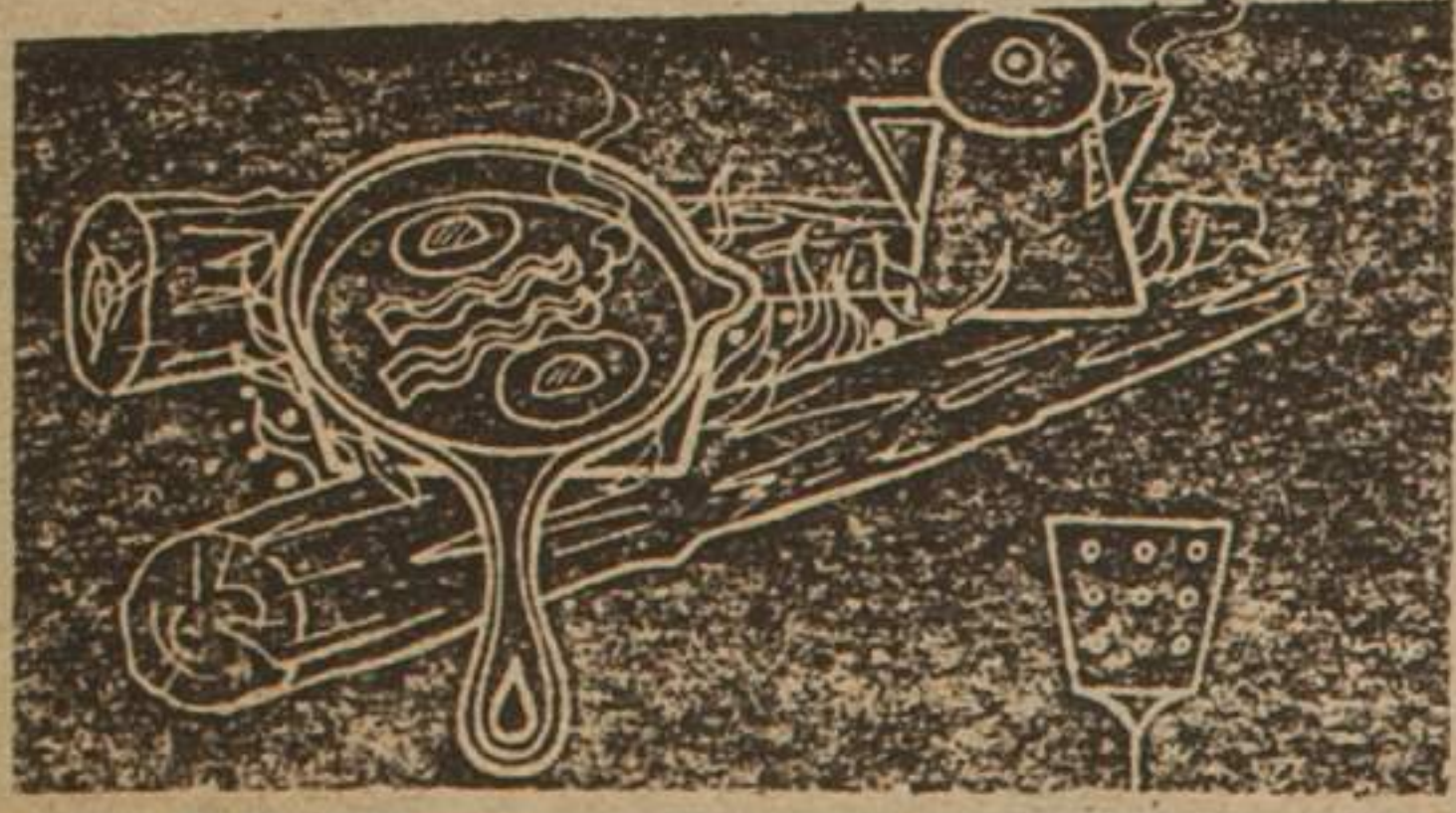


# Food Talk



**Hot weather arrives and so do BURNING UP IN THE KITCHEN BLUES.** I wish I had a summer kitchen like the houses that our forefathers built in the 1800's. The summer kitchen was a small building detached from the main house in which all the heat-producing cooking was done throughout the summer. It had large open windows and doors to increase ventilation. By being a detached building surrounded by open spaces the summer kitchen remained much cooler than if just a room inside a larger house, and the main house remained cool by having the hot stove and ovens in another building. Clever architects.

Cooking outdoors on a grill is a good way to adapt the summer kitchen idea. Also serving cold dishes will make everyone feel

by Laurie Schwarm

they are 15 degrees cooler. Try these recipe ideas:

To grill chicken outdoors, wash the pieces and pat dry. Salt and pepper them. Put them on the grill and baste them frequently with a sauce of melted butter and lemon juice. This keeps them moist. Chicken takes about 30 minutes depending on the heat of your coals and size of the pieces.

With chicken you can make Texas Potatoes. To do this, slice four potatoes very thinly. Also slice up a large onion very thinly. In to a large piece of tinfoil put 1/2 of the potatoes and onions, dot with butter, sprinkle with parmesan cheese, salt, and pepper. Seal the foil well. Repeat. Place these packages on the grill and cook for about 30 minutes.

Two delicious cold summer salads to choose from are tabouli (a Middle Eastern dish) and cucumbers in yogurt.

**TABOULI** 6-8 servings

- 1 cup bulgur wheat
- 1 cup chopped green onions
- 1 1/2 cups finely chopped parsley
- 1/2 cup finely chopped mint leaves
- 6-8 ripe chopped tomatoes
- 1/2 cup fresh lemon juice
- 1/2 cup olive oil

Soak the bulgur wheat 1 hour in enough water to cover. Drain well. Mix wheat, onions, parsley, and mint and blend with fingers. Add the tomatoes, oil, lemon juice, and salt and pepper. Blend well and chill at least one hour.

**CUCUMBERS IN YOGURT** 6-8 servings

- 2 large cucumbers, peeled and chopped
- 2 cloves garlic
- 1 teaspoon salt
- 1 cup yogurt
- a few drops of vinegar

Put cucumber in bowl. Crush garlic with salt and add to cucumber with the yogurt and vinegar. Thin with 2 teaspoons ice water. Chill one hour before serving.

For dessert make this yummy **GOLDEN FRUIT SHERBET**

- 1 1/2 cup fresh orange juice
- 3/4 cup fresh lemon juice
- 3 bananas
- 1 cup cold water
- 2 cups skim milk

Combine all in blender and blend until smooth. Pour into a mold or hollowed out orange peel halves and freeze. Remove from the freezer 15 minutes before serving.

Happy Gardening and Cooking!

## MEET THE FAYETTEVILLE WORK TEAM

By Keith Armitage



MEMBERS OF THE FAYETTEVILLE WORK TEAM, PICTURED ABOVE, ARE: Hazel Economidef, Megan Hughef, Renee Lazar, Art Wickman, and Bo Smith. Others on the work team not pictured are Doug Underwood, Darren Earhart, Sue Earhart, and Keith Armitage.

Life is work,  
Work is joy,  
Life is joy.

So someone once said, no doubt talking about something they found a purpose in.

Working at the Community Mercantile is purposeful if you believe in cooperative ventures, and can be more so if you like to work on independent self-directed projects in the cooperative context. This past winter, independent work groups were established at the co-op to handle different chores and areas of management in the store, allowing some members to function more independently in making their contribution to the store.

The Fayetteville work team is an example of a team designed to help manage a specific segment of the overall operation of the co-op. This work group is responsible for all the items the store receives through the co-op federation warehouse in Fayetteville, Arkansas which includes virtually all the grains, dried fruit, nuts, seeds, and about everything else found in the basement of the store.

Looking after the Fayetteville orders involves three tasks. Once a month the members meet to plan the work needs and schedule for the coming months, discuss procedures, problems and improvements, co-op philosophy, the weather and the price of soybeans in Salina. The other tasks include a bi-

monthly inventory and straightening of the cool room (the particular turf of this work team) and twice a month receiving and putting away the shipment from Fayetteville. The latter job involves sliding 50 pound sacks down a homemade chute layed down over the co-op stairs, a non-competitive sport for the participants. Each group member contributes an hour or two a month towards the last two tasks.

In addition to being involved in a self-directed project, the work team member is also in a position to fully understand how at least a part of the store operates. As all the Fayetteville members have become familiar with the logic of their team's task they have evolved new procedures and ideas and implemented them with the help of the work collective.

We could always use more help. Keeping up with the business end of our area is just the tip of the iceberg. Familiarizing co-op patrons with the agricultural processing, nutritional characteristics, and use of the products we receive from Fayetteville is an equally important part of our area which we have barely touched on. So if putting in your 2 hour shift each month doesn't give you all the satisfaction you seek, the Fayetteville work team could be something you could really sink your teeth into. Talk to a store coordinator about how to get involved.

### QUESTION - What Do Volleyball & Watermelon Have In Common?

ANSWER -

Both are seasonal sports. Both are enjoyed by people of all ages. Both are popular in the summer months. Both are often enjoyed outdoors. Both are often enjoyed in groups. Both are often enjoyed in a relaxed atmosphere. Both are often enjoyed in a social setting. Both are often enjoyed in a fun and enjoyable way. Both are often enjoyed in a way that brings people together. Both are often enjoyed in a way that creates memories. Both are often enjoyed in a way that is enjoyed by everyone. Both are often enjoyed in a way that is enjoyed by all. Both are often enjoyed in a way that is enjoyed by everyone. Both are often enjoyed in a way that is enjoyed by all.

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