

# Food Talk



I very much enjoyed Casey's article on Beans in the August issue. However, there was much talk of vitamins but little of good taste. Here are some suggestions for making beans tastier even than they are healthful.

These instructions are not meant for mung, garbanzo, and other odd varieties. Soya beans never get tender and, in my opinion, never get edible. Black beans have a distinctive cooking time and are difficult to mix with other beans. Use a combination: Pinto, northern, navy, red, kidney. AT LEAST 3 or 4 kinds. Wash but never soak the beans; soaking swells the inside, cracking the skins before the interior is tender. The skins then get scaly during cooking. Cook in a n earthenware pan if at all possible.

FIRST DAY: (That's right, if you're in a hurry, eat rice.) Add cold water to the beans, cover them plus add an extra inch of water. DO NOT SALT. Salt, as well as sapping vitamins, tends to crack the skins and make them tough. Put a quarter of an onion in the water. Bring to a boil, simmer, covered for 2 or 3 hours.

NEVER STIR COOKING BEANS! Beans may be stirred before cooking or after the boiling action has stopped. ALWAYS USE A WOODEN SPOON TO STIR OR SERVE BEANS. Metal has a greater potential to break the beans before they are tender. Cool to room temperature and refrigerate overnight. If water

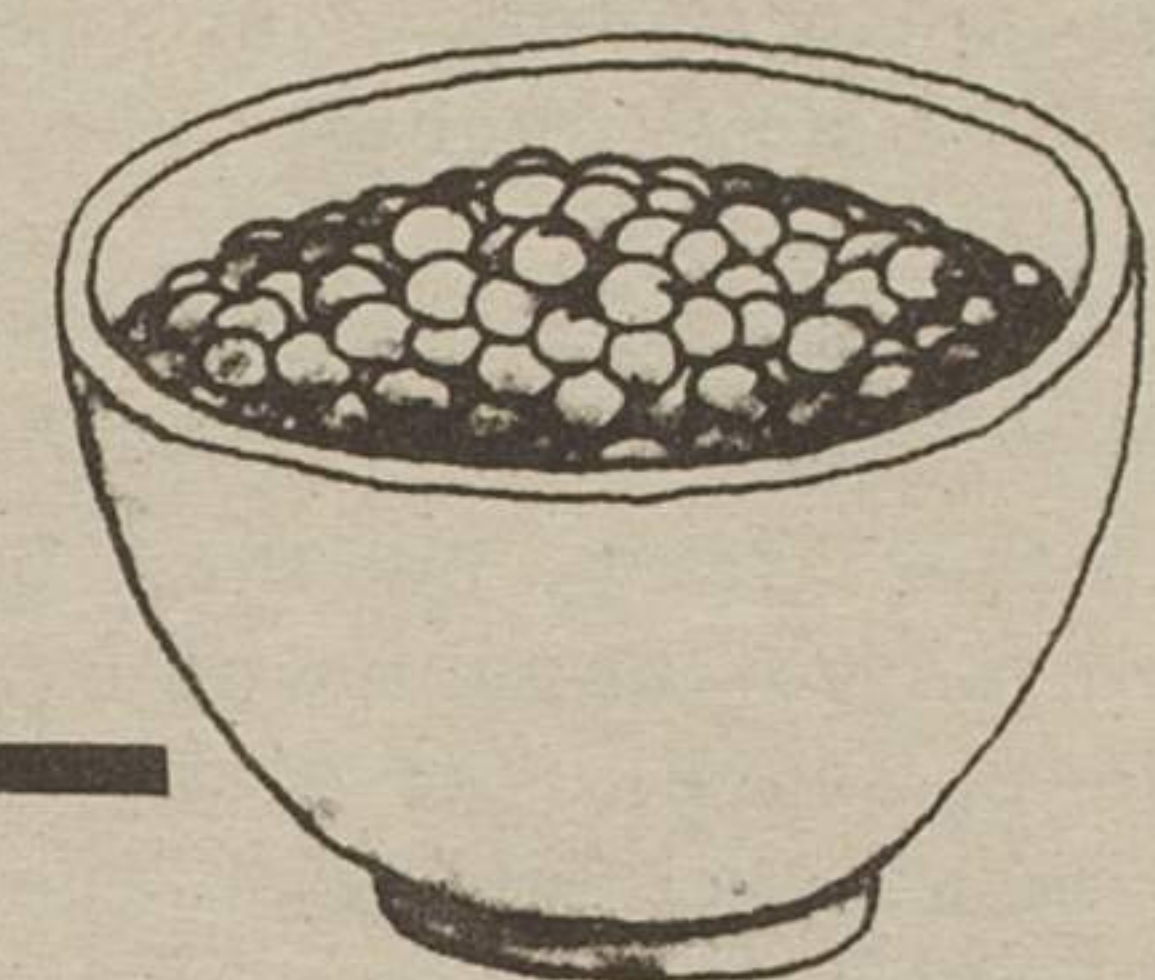
needs to be added, make sure it is the same temperature of the water covering the beans. Sharp changes in temperature confuse the beans, tend to split the skins and scare off the flavor.

SECOND DAY: (They will smell incredible, but they aren't ready yet.) Add cold water to cover plus one inch. DO NOT SALT. Bring to a boil and simmer, covered, for 2 or 3 hours. Cool to room temperature, and refrigerate.

THIRD DAY: (This is it!) Salt, to taste. Cover with cold water. Bring to a boil, simmer uncovered for an hour or so. AH HA, now they are ready to eat.

If beans are cooled to room temperature and refrigerated each night, they will continue to "pick up" flavor for several days. The ticket is make a big pot, a week's worth. Then all you have to do is take it out and heat (15 minutes.) No herbal spices are necessary. I think they are barbaric. If you must, add them with the salt on the third day.

Thank you.  
Christine Leonard  
(I am not a coop member, just a bean fanatic.)



**ONE LOAF COOP ROTTEN BANANA BREAD**  
Take three of the rottenest coop bananas, peel and mash into puree. Pour 1/4 c. milk or run-off of Continental yogurt onto mashed bananas. In another bowl, cream stick of butter & 1/2 c. honey; beat in an egg. Add 1 1/2 combination whole wheat & white flour according to desired lightness with 1 t. baking soda & 3/4 t. salt. Throw it all together, 350 degrees, 50 minutes. --Ed Masters

## SQUASH

It seems that those of us who do any gardening at all seem to end up with an overabundance of squash. It is an easy vegetable to grow and the hardier varieties can be stored through the winter months. There are a variety of ways to prepare squash, and just a few of them are included here.

### BAKED SQUASH

Slice unpeeled summer squash and place on baking dish brushed with vegetable oil. Set in preheated oven at 400 degrees and bake 10-15 minutes. May be garnished with butter, salt, cheese, parsley or other favorites.

### SUMMER SQUASH SAUTEED WITH ONIONS

Melt 1/4 c. butter in a saucepan. Add 1 c. minced onion and saute until it is light brown. Add 2 c. diced summer squash, along with 2 t. salt and 1/4 t. pepper. Cover the saucepan and cook slowly for 20-30 minutes, stirring frequently. Yummy!

### ZUCCHINI CASSEROLE

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 2 T. oleo, melted             | 1/2 t. basil                      |
| 2 T. flour                    | 1/2 t. oregano                    |
| 1/8 t. pepper                 | 1/2 t. thyme                      |
| 1 t. salt                     | 1 c. cottage cheese or sour cream |
| 2 T. parsley or chopped onion | 4 sliced zucchini or              |
| 1 c. chopped tomato           | 4 c. any summer squash            |
|                               | 1 c. grated cheese                |

Combine these ingredients and put in 2 quart casserole. Toss 1 c. toasted wheat germ in 2 T. melted oleo and sprinkle on casserole. Bake at 350 degrees for 1 hour. May be served as is, with rice or millet. A delicious meal. --Mary Be th Be the l

## SERVICES

By Chuck Magerel

Meat-eaters an oppressed class at the coop? Hmm. Well it seems that the coop's two years of existence have been fed on a vegetarian diet. Those members most active in the coop process are primarily vegetarians concerned about the wastefulness involved in meat production in America. (How many pounds of feed is needed to produce one pound of meat? Seven, fifteen, twenty-one pounds? No one's quite sure.) The coop could not afford the stainless steel equipment required for sanitary meat sales. The members' survey also revealed that meat wasn't a highly desired item in the store.

Since these three objections are still very real, the

coop won't sell meat through the store. But what is available to meat-eating coopers is an opportunity to join together and buy organically-raised beef, pork and poultry from local farmers. Farmers will be contracted for whole animals and members will work out the details among themselves. If you are really interested in this, add your name to the list behind the cheese case.

An interesting note: One farmer has proposed that purchasers assist in the slaughter and butchering to heighten awareness of the real process of meat eating. A little different than plucking plastic-wrapped pieces from Dillon's refrigerators, is it not?

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