

THE GREATEST SHOW ON EARTH!

Molly Van Hee

Some say we have the best, freshest produce in town. Some think it's so bad, they buy their's at other stores. Both sides have a point. If we start comparing our produce to the supermarkets, a few issues come to light. Supermarkets have a full time produce manager. We have a mostly volunteer labor system. Because we offer a large variety in a small space, frequent restocking and rearranging is necessary. If our people don't show up to work, this doesn't get done, and our produce shows it. At the supermarkets, as soon as a minor "bad" spot is noticed, the whole piece is tossed out. Let's all re-educate ourselves to be less spoiled, to create less waste. Certainly nobody should buy rotten food. A fresh bunch of lettuce with one brown leaf however, is a different story. Go ahead, buy it! On the plus side, we turn our produce over faster than the supermarkets due to our lack of storage space. Faster turnover should mean fresher produce. Unfortunately, due to the problems mentioned, this isn't always the case.

When the co-op began, weekly 2am runs to the K.C. Farmer's Market in a borrowed truck sufficed. Marilyn Roy, then our produce co-ordinator, could easily fill the \$50 or \$60 worth of orders made by the first 30-40 members. The goods were distributed on one day of the week only. As we grew, weekly runs became necessary. Before too long, our orders were so large that two trucks per run were needed. At this point, it was decided to check out having the produce delivered.

Borrowing trucks was getting difficult, sometimes impossible. So the search was on to find a good company to deal with. A. Reich and Sons, a wholesale company out of K.C., was chosen. They offer tri-weekly delivery, reasonable prices, they take back bad produce, get first pick of a truckload because they are delivered to before the K.C. Farmer's Market, and best of all, their Lawrence salesperson, Marion Crawley, treats us great.

A delicate balance

The discovery of DNA and RNA as the master molecules that control cell metabolism was the most exciting scientific development of the 1960's. Among other things, it gave a vital link between our understanding of life as a chemical process and life on a multicellular level.

We now know that the double helix of DNA RNA is in effect the nervous system of each cell, and that poor nucleic acid chemistry is the key to the aging process and to overall health.

Yet it has occurred to few scientists to inquire into the role these nucleic acids might play in nutrition, especially human nutrition. One exception is Benjamin S. Frank, M.D., who did a technical study of the subject in 1975, Nucleic Acid Therapy in Aging and Degenerative Disease. After a number of years of administering therapeutic doses of DNA and RNA to laboratory rats and to patients suffering from diseases ranging from diabetes to cancer, Dr. Frank has shown a remarkable success rate in mitigating the effects of disease and aging by improving systemic health.

Dr. Frank is all in favor of the nutritional wisdom one can gather from, say, the writings of Adelle Davis or Frances Moore Lappe's Diet for a Small Planet: any diet should contain essential vitamins, minerals, roughage, and above all a good balance in each meal of the Eight Essential Amino Acids which the body cannot produce. Put in his popular work on the role of nucleic acids in nutrition, Dr. Frank's No-Aging Diet (\$7.95, Dial Press), he recommends that nucleic acids are elements in diet that should be watched as closely as proteins.



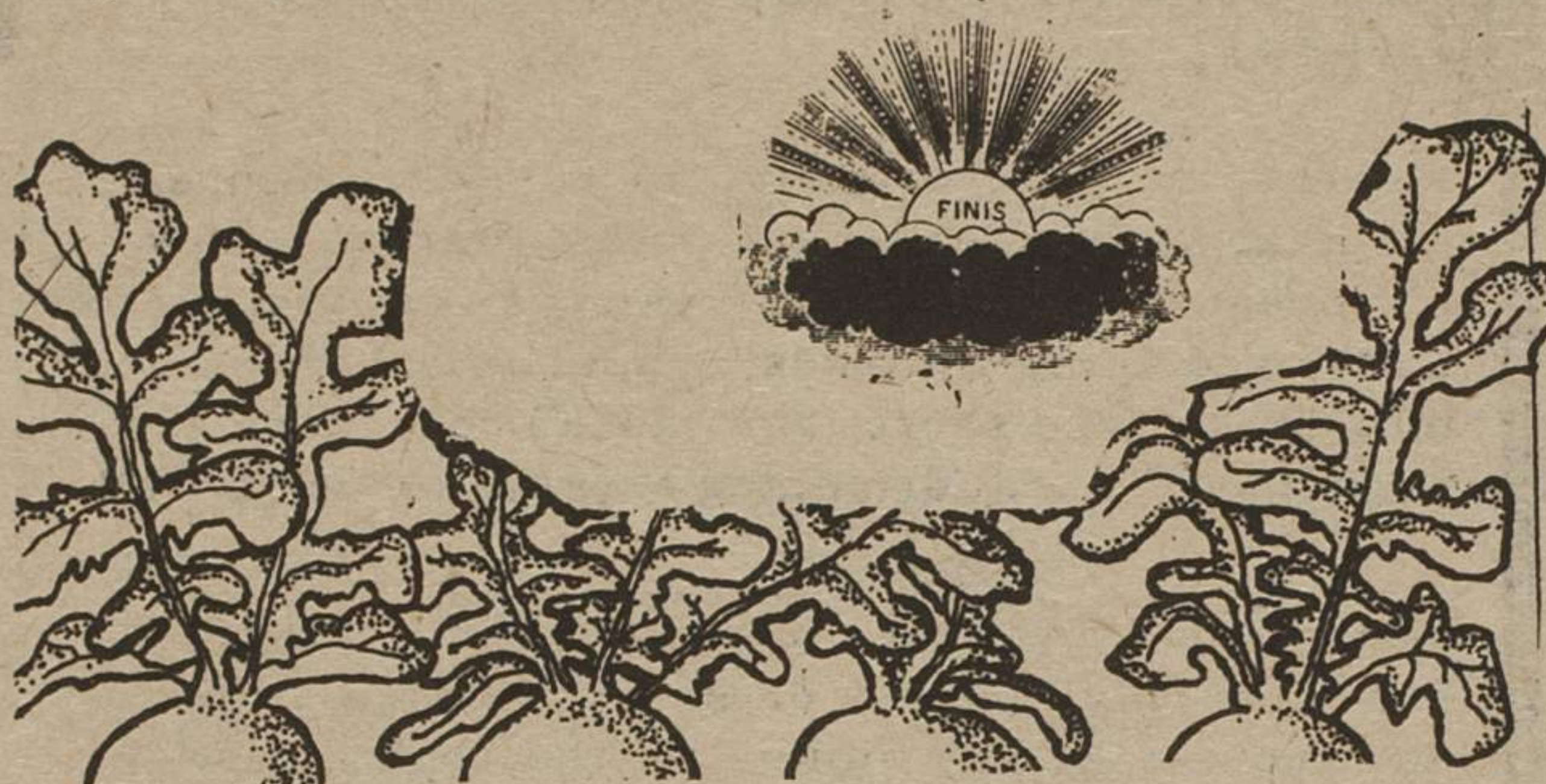
A delicate subject

One of the purposes of the re-orientation meetings was to once again remind Mercantile members that our store is a co-op, not just a nice natural foods store. Unfortunately people often forget this and it is displayed in the manner in which they treat the members of the work collective. Next time you're in the store, go to the back room and watch how people interact with the store coordinators. While trying to figure out orders and books, three members will jam their membership cards

Since deciding on A. Reich and Sons 1 1/2 years ago, we have checked out other possibilities. We are still convinced that A. Reich and Sons is the best source of commercial produce available to us now.

Everyone agrees that buying local produce is a good idea certainly from an ecological standpoint. And whenever possible, we buy locally. Energy has been put into starting a producer's cooperative. If successful, it could provide for a wider variety of local goods. Folks might put energy into other schemes as well, such as large scale greenhouse growing, etc. Often local produce is organically grown. At this time, local suppliers are our only source for produce grown on naturally balanced soil without pesticides.

Hopefully, this article has cleared up some misunderstandings about produce at the co-op. Most complaints are based on problems created by lack of time, energy, and space. Those interested in solving them might take a few minutes for tidying up the case when messy or stocking it from underneath when low. We offer a wide variety of commercial produce at fair prices. This is what many people want. To stay in tune with our co-op's ecological ideals, however, we might put more energy into finding new sources of local, naturally grown produce.



His most startling results have come in the curing of the aged, but for the young and healthy, DNA nutrition is also important as a preventative measure against disease and general poor health. Essentially, Dr. Frank's recommendation boils down to eating 4 cans of sardines a week and some other fish or shellfish on the other 3 days. For some unknown reason, canned sardines have an RNA content factor of 590, compared with, say, tuna at 5. Some other high-RNA foods:

chicken liver	402	garbanzo beans	356
beef liver	268	blackeye peas	306
fresh anchovies	341	small white beans	305
fresh salmon	289	large lima beans	293
canned oysters	239	great northern	
pinto beans	485	beans	284
lentils	484	(all beans are measured dried)	

Other foods which have never had their RNA content measured (the above figures were arrived at only this year), but which should be rich in RNA as indicated by their purine content, are: nuts, spinach, oatmeal, wheat germ, bran, mushrooms, and onions. In addition to replenishing the body's RNA supply, Dr. Frank also recommends beets as a supplier of an essential brain chemical.

This book gives us yet another reason for avoiding the muscle-meat gutbombs purveyed down Fast Food Alley, because hamburgers and chops simply don't do much to keep the body's RNA content restored. However, I don't recommend buying the book, at least until it comes out in paper. Except for the above information, most of the rest of it is fifth-grade level ghost-written pulp. There are some tasty recipes which an imaginative cook could probably arrive at without the book (Sardines and Rice, Peppers Stuffed with Sardines, Sardine and Melted Cheese Sandwich).

Kemp Houck

Pat Sullivan

in the coordinators face while they are already answering a question, the phone is ringing (which no one answers), the Hiller's Dairy man comes through the front door, and then another member will complain that the store is dirty or that his product is not in yet. Basically, being a member of the work collective can be a very thankless job. As members of the co-op, if we see a mess on the floor, we should get a broom and sweep it up. If the phone is ringing and the coordinator is obvious-



I'm a co-op member and I'd like to say how wonderful the October issue was. Everything was so interesting it took me 45 minutes to read (and I'm a fairly fast reader). Now I'd like to contribute something on one of my favorite subjects: food. I hope you can use it.

When we plant our garden every year, we always forget how many potatoes we planted the year before--and always, to be safe instead of sorry, we plant far too many and end up harvesting about four bushels. This year however, I wrote it all down so next year we should have a harvest we can handle more easily. But potatoes are easy to grow. For all of you who have a lot of 'em on your hands that you want to use up before they start shrinking or sprouting, here are some delicious recipes for this humble vegetable.

It sounds complicated but it isn't and it's worth the effort:

Gratin Dauphinois

- 1 c. grated Swiss cheese (Jarlsberg!)
- 1/2 c. chives
- 1 tab. dill weed
- 2 tab. butter
- 2 tab. flour
- 1/2 tsp. salt
- 1 c. half and half cream
- 1 c. sour cream
- 6 to 7 cups thinly sliced cooked potatoes (about 5)

Boil potatoes in salt water 15 to 20 minutes until tender. Toss together the cheese, chives, and dill. Set aside. In a saucepan, melt the butter, stir in flour and salt. Remove from heat and slowly add half and half. Cook over medium heat until thickened. Cook 2 more minutes. Remove from heat and add sour cream. In a baking dish, layer sour cream mixture and cheese mixture several times. Cover with potatoes. For topping, combine 1/4 c. dry break crumbs with 1/4 c. melted butter and 1/2 c. more of shredded swiss cheese.

Sprinkle on top. Bake 30 minutes at 350. Serves 6.

Potatoe Pancakes

- 2 c. grated raw potatoes (squeezed and drained)
- 1/4 c. milk
- 1 egg, well beaten
- Combine these and then add:
- 2 tab. flour
- 1 tab. grated onion
- 1 tsp. salt, some pepper

Mix well and fry on a hot greased griddle until brown and crisp.

Laurie Schwarm



POTATO MAN

says

STRENGTHEN YOUR CO-OP

ly busy we should answer it. Just putting in your two hours a month is not enough, when you see something that needs to be done and you have some spare time, take a minute and do it. Finally, it would be a good idea to let the work collective know that you appreciate the work they do. If you see something that looks nice or if the store is carrying a new product that you think is useful, let the collective know it. This would not only make the work collective members feel better, it would also strengthen the co-op.