



NOTICE

The next co-op members' meeting will be held on Thursday, Dec. 2, at the Lawrence Community building, 11th and Vermont. The meeting will begin with a potluck supper at 6:30, with the discussion of business scheduled to start one hour later. Issues to be decided at this quarterly meeting include the status of meat at the store, methods for member education, renewal or revision of the work collective agreement, and the decision-making structure of the co-op. All interested members are urged to take part in this important meeting. Information on these issues will be posted in the store prior to the meeting, for a greater background understanding of these matters. Look for the notices on the front board.



COMMUNITY MERCANTILE CO-OPERATIVE
615 Massachusetts Phone 843-8544
Hours: 10-6, Mon, Weds, Fri; 10-7, Tues, Thurs
10-5, Sat.



Our regional co-op warehouse will sponsor another general meeting early in December, in Tulsa. Our warehouse has grown in scope and efficiency over the past year and is now a vital link in the nationwide, anti-profit, people's food network. Our commitment to the warehouse focuses on the need for an awareness of the total food system that sustains our lives, and the never-ending role of education in the co-operative process. The operation of the day-to-day business of the warehouse has been well attended to, and allows more time for information sharing among mid-America co-ops.

Co-ops from at least four states will take part in the meeting during the first weekend in December. Several people from Lawrence are going to Tulsa for this gathering. If you are interested in traveling to Oklahoma and visiting with other co-op members from our region, contact a work collective member at the Community Mercantile.



A surprise in every dish

By Thom Leonard

Christine Leonard, in her article on beans in the October issue said, "Soya beans never get tender and, in my opinion, never get edible." The peoples of East Asia have, for at least two thousand years, grown and eaten soybeans and have thrived on soy protein, paired with rice and other cereals. A food neither tender nor edible could not have survived the test of centuries."

One contributing factor to Christine's dislike (if I may put it so mildly) of soybeans and the Asians thriving on them is that most soybeans grown in this country have been bred and selected for oil and feed production. The varieties are small, do not readily or uniformly absorb water, and thus require lengthy soaking and cooking to become tender. Pleasant taste has not been taken into account in their selection. The varieties of soybeans of China and Japan however, have always been grown for human food. They are generally larger, contain less oil, and don't have that strong "beany" flavor we associate with soybeans. Their flavor is bland, yet nutty; they cook more quickly than our "field" variety soybeans. A few of these oriental varieties have been used as parent stock to develop "vegetable" or "edible" soybeans adapted to American climates, soils, and farming techniques. Vegetable soybeans are vastly different than field varieties.

Perhaps more importantly, soybeans traditionally have rarely been eaten as "boiled beans." They have been transformed into various easily digestible tasty, and versatile foods. Chief among these are tofu, miso, and shoyu (soy sauce), but there are other molded and fermented soybean foods as well.

The various processes used in making these foods serve not only to break down the complex proteins and remove other inhibitors to thorough digestion, but also to create new textures and flavors.

I will deal with only cooking and eating whole unfermented soybeans, turning to tofu, miso, shoyu, and some of the other soybean foods in future issues of PUBLIC NOTICE.

Soybeans taste best and are most digestible if thoroughly cooked--a bean should mash easily between your tongue and the roof of your mouth. In a pressure cooker, this takes 25-35 minutes; boiling without pressure can take to 5 hours. Even if pressure cooked, the beans should be soaked a couple of hours. Some sources recommend discarding the soaking water and cooking the beans in fresh water to remove the oligosacharrides responsible for flatulence.

PRESSURE COOKING: 2 cups water to each cup soybeans should be sufficient. A teaspoon or two of oil will help prevent loose bean skins from clogging the steam escape valve. After the cooker comes to full pressure, reduce heat to low and cook for 25-35 minutes; remove from heat and allow pressure to return to normal.



What of Tomorrow?

POILING: Soak beans overnight. Drain, add 4 cups water for each cup of dry soybeans, bring to a boil, simmer with lid slightly askew until tender, adding water as necessary. The cooked soybeans can be simply seasoned with salt, miso, or shoyu and briefly (10-15 min.) simmered uncovered. Nut butters, especially sesame, or sea vegetables go well with soybeans. Or simmer onions, carrots, celery and mushrooms with the tender beans. A bit of fresh ginger with shoyu is nice, or maybe a little sweetener?

Cooked soybeans make an excellent base for delicious, high-protein spreads and dips.

To a cup of mashed or pureed soybeans, add a minced or crushed clove of garlic, 1/4 c. ground, roast sesame seeds, season to taste with miso, shoyu, salt, and perhaps a subtle herb or two. A touch of lemon? Or maybe a few raisins? Mix it all together to make it spreadable. Try it on grain bread: an excellent sandwich, featuring those now famous complementary protein patterns of grains, beans, and seeds.

Of course whole cooked soybeans are excellent in soups, stews, with grains and in stir-fried vegetable dishes, and casseroles, croquettes, soy-burgers, with tortillas (refried soybeans with onions and cumino). For best results, use "vegetable" or "edible" soybeans.

Coming next month in the continuing saga of glycine max: Tofu, general information and a few simple tofu preparations. P. S. Your Community Mercantile has vegetable soybeans!

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