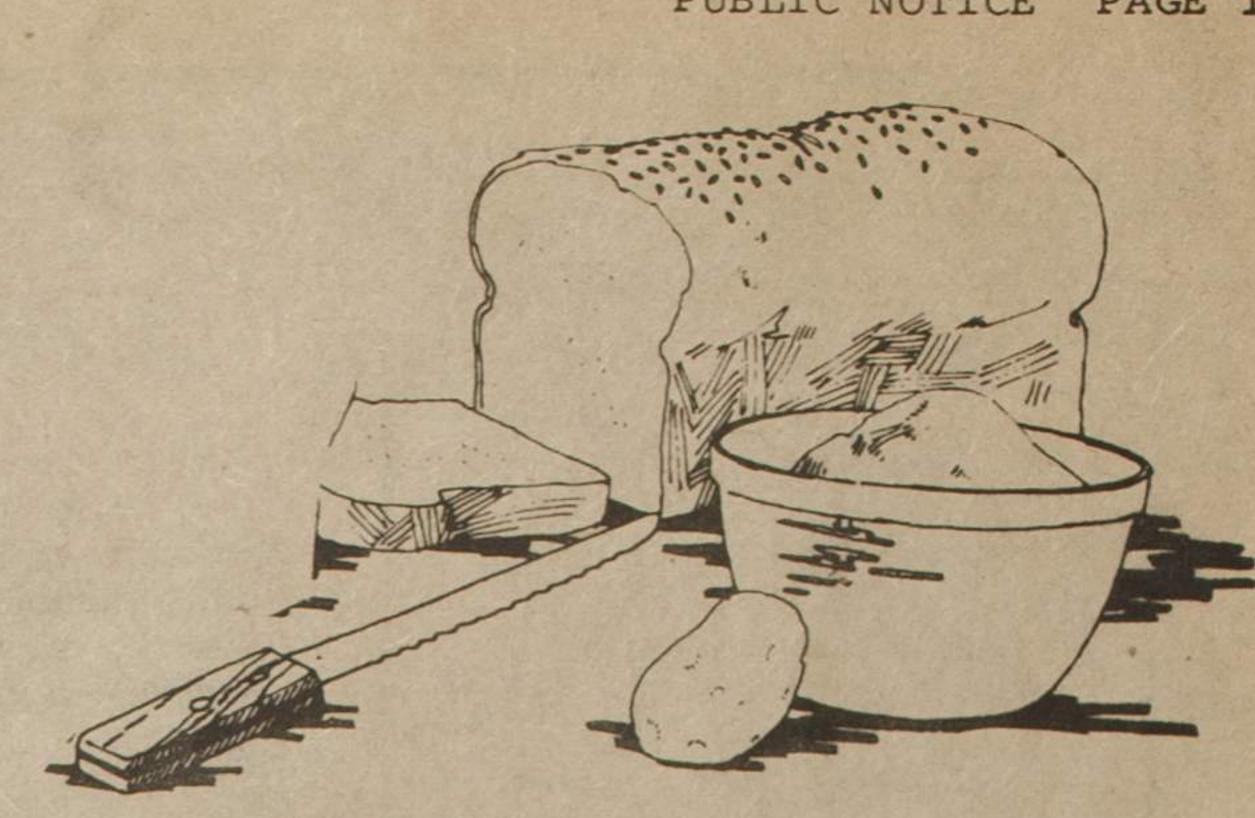
CO-OP NEWS



FEETARIAN COOKBOOK

by now many people have probably seen the Deaf Smith Country Cookbook but may not have bought it for one reason or another. I am a firm advocate and pusher of this cookbook for many good reasons. It has a good Southwestern foods section with meatless chili and taco recipes and a very lengthy dinner dish section. There's also a whole section for breakfast foods and some interesting cereal combinations. In the back of the book there's a rundown and description of the different grains, beans, flours, cereals, pasta, nuts and seeds, and their butters. A chapter on children's foods and trail foods is included at the end of the book. Here are a few of my favorite tried and true recipes from The Deaf Smith Cookbook:

Thick Tamari Sauce Yields 1 cup

2 tb. unrefined corn oil (any kind will do) 4 tb. tamari

3/4 cup water 1 tb. arrowroot powder dissolved in 2 tbs. water

Pour oil into a small saucepan. Add the tamari and bring to a boil. Add the water and boil for 3 or 4 minutes. Add the dissolved arrowroot and stir constantly until the sauce thickens. Serve on artichokes, millet purre, grains, and casseroles.

By Molly Van Hee

hrough a process of study and intense exposure, the work collective has reached a very negative opinion of the current American produce scene. We would like to see the coop eventually stop supporting a system that perpetuates the distribution of unhealthy food grown with methods known to be ecologically unsound, exploitive to the workers, and yes -- even illegal (see information rack on produce case).

We are working for alternatives, most importantly growing and processing produce locally to meet our year round needs. This kind of change takes time and education. In the transitional period there are options available to us. One is to stop carrying out-of-season produce "cold turkey." Since that would probably be an unpopular course, the possibility of ordering directly from California has been explored.



Sunflower Casserole Serves 4-6

2 tb. unrefined oil 2 cups whole grain flakes (wheat, rye, rice, triticale, oat, or a mixture)

1 tsp salt 2½ cups water

1 tb. unrefined oil

2 onions, chopped

l green pepper, chopped 1 stalk celery

2 tb. chopped parsley

2 cloves garlic, minced 4 cup hulled sunflower seeds

1 tsp. cumin pds or ground seed 2 tb. tamari soy sauce

Heat a saucepan. Add the oil and flakes and saute 5 minutes. Add the water and the salt. Cover and simmer for 20 minutes. Meanwhile, saute the vegetables and sunflower seeds in oil in the order given. Mix the vegetables with the cooked flakes. Add the cumin and the tamari.

Bake in a 2 qt. casserole dish for 25 to 30 minutes at 350 degrees - Serve with thick tamari sauce. This tastes like turkey dressing and is really wonderful.

When the produce article in last month's Public Notice was written, there appeared to be no likely way to do this. Since then we have learned of Sunburst Distributors, a south California company dealing in mostly organic produce. We know that a semitruck is delivering Sunburst produce to Iowa every ten days. The Iowa City Coop, a coop in Des Moines, and MIU (Maharishi International University) are the recipients. The produce is being used to fill a truck left empty from its westbound journey. Ironically, the truck's primary purpose is to haul meat from Iowa to the west coast.

The Iowa City Coop has told us that Sunburst provides good produce and service at a fair price. As of this time, we have not received the details of what is available or of costs. We plan to find out more about the company and their produce as soon as possible. All information will be passed along and opinions on whether or not to order from Sunburst will be solicited. (Next month: The whys and wherefores of setting up alternatives to the current produce systems will be explored in more depth.)



for any coop member who cuts cheese as part of the monthly work, I would like to suggest a few pointers

First, to cut different amounts of the cheese, especially the popular, versatile cheese like cheddars, swiss, jacks and goudas, cut a few large pieces for those members who have big families, for whom a half pound lasts but a day. Buying many smaller pieces means more edges to dry out. Cut a lot of medium amounts, 3/4 to 1 pound, and then cut some small pieces, 4 to 2 pound for single people or tasters. The specialty cheeses like Bleu or Port Salut can generally be cut in smaller pieces, but remember that not many people will buy pieces containing only two bites.



Most importantly, when wrapping the cheese, pull the plastic tight and try to get the ends to stick to the rest of the plastic, perhaps by using the label as a closure. Dried out cheese is bad news for everyone.

Now, two stupendous recipes using cheese. This first one was garnered after much wheedling from a great cook I once knew.



JUDY'S GRUYERE BREAD

2 cups milk

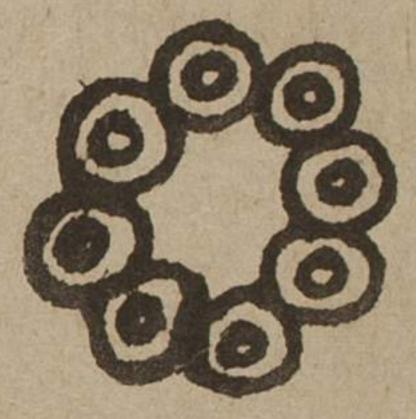
1/2 cup butter 2 teas. salt

ground black pepper 2 cups sifted flour

8 eggs

1/2 lb. gruyere in cubes finely sliced gruyere

Scald the milk, add the butter and salt and 4 turns of pepper. Bring to a boil and add the flour all at once. Beat with a wooden spoon until the mixture leaves the sides of the pan. Beat in eggs one at a time, beating well after each. Mix in the cubed cheese. Divide in half. Scoop out the dough in egg sized pieces and place on a cookie sheet in a ring. Then place another teaspoonful on top of those so it should look like this:



Brush with milk and egg yolk mixed together and lay the sliced cheese on top. Bake at 375 for 45 minutes until gol-

This one I call stupendous because it is so very easy and it tastes great.

CHEESE BREAD SOUFFLE

4 slices buttered bread

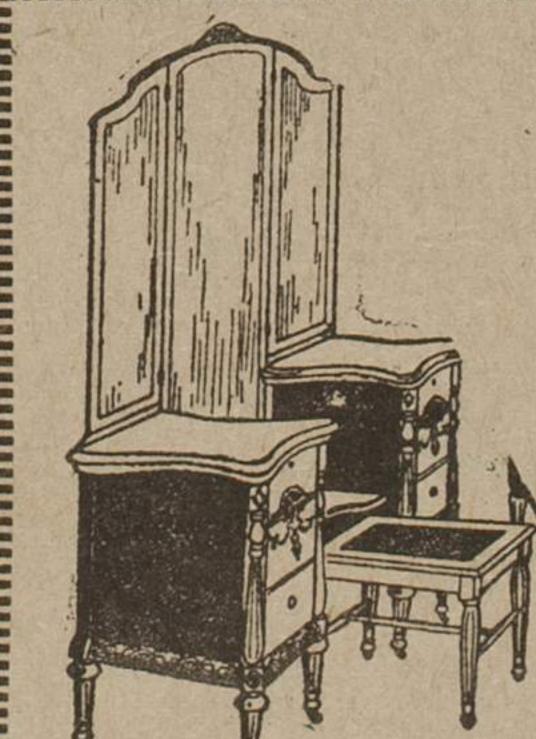
l cup diced cheese (about 1/3 lb.) 2 cups milk

2 eggs

1 teaspoon salt

Cube the bread and put in a buttered baking dish. Sprinkle cheese over it. Beat eggs and milk and salt together and pour over. Top with & cup of sesame seeds. Bake at 350 for one hour.

This recipe can be varied in a million ways. By adding sliced mushrooms, or chopped chives or sunflower seeds, or ...



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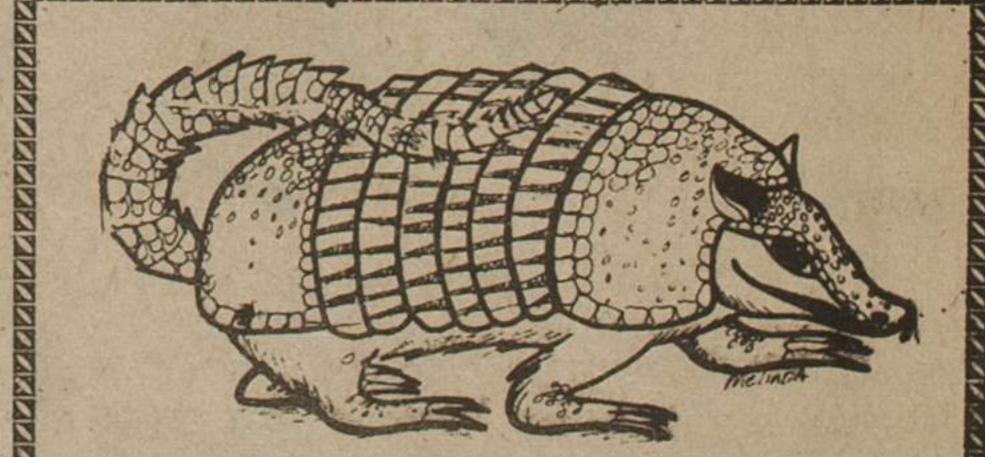
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