

to accommodate the new clientele. The original customers gradually began returning and now the Bean Sprout is supported by an eclectic clientele.

The patronage of the office workers and housewives is encouraging, because it indicates more and more people are becoming concerned not only about how much they are spending on food but also about its quality.

One generally thinks of natural food as costing more. On the contrary, the staples are usually cheaper than those you would find on supermarket shelves. Flour is cheaper, beans and peas are usually cheaper and spices are one half the supermarket price. Some natural food is more expensive-items like nuts, ready-made jams and ready-made grenola. However, if you know how to cook and how to buy natural foods wisely, then you can actually save money.

When I asked Carol what she most enjoyed about the Bean Sprout, she said that her role as educator was the most enjoyable part of her work. Because Carol considers food an integral part of a person's well-being, she has developed an intimate relationship with food itself and naturally enough, with Bean Sprout customers, in her capacity educator.

Many people come in to ask advice on what they should do to cure constipation, headaches, fatigue and the like. Others simply became involved in trading recipes with the food store operators. Still other customers will inquire about the nature and use of the many, relatively unfamiliar foods in the store.

They might enquire, for instance, about the origin of all these natural foods and not be too surprised to learn that, although everything is bought locally if possible, much has to be imported.

Some of the food such as dried fruit comes from California, teas originate in Colorado and England (the latter purchased through Montreal), nuts are mostly from the states and tamari and miso from far away Japan. Most of the honey is local, the rest is Western.

Since much of this food has to be imported from the U.S., the freight and duty incurred substantially increase food prices.

One local foodstore, the People's Store, is considering getting its own mill to grind the harder-to-get specialty flours like rice, black, buckwheat, chick pea and millet flours.

The following information compiled with the help of Danny and Carol is intended to answer commonly-asked questions and provide basic information of many natural food items.

Part III Cooking ideas



Q: What is a good recipe for granola?

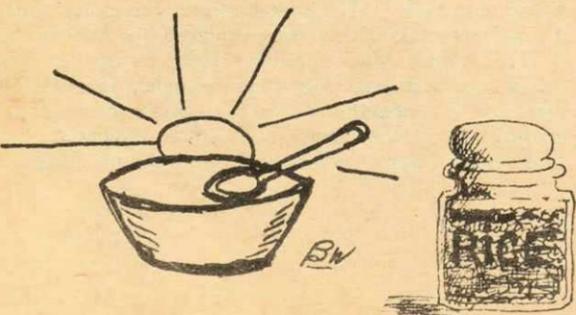
A: **Great Day in the Morning Granola** is a very good one.

- 8 c. old fashioned rolled oats
- 2 c. raw wheat germ
- 1 c. sesame seeds
- 1 c. buckwheat groats
- 1 c. soy flour
- 1 c. hulled sunflower seeds
- 2 tbsp. flax seeds
- 1 c. chopped nuts
- 1 c. unrefined oil
- 1 c. honey

Mix together dry ingredients in a huge bowl. Add oil, mixing thoroughly, add the honey. If honey is too stiff to pour, soften by placing container of honey into hot water for a few minutes. Make sure that dry ingredients are evenly coated with oil and honey.

Spread in baking trays and roast in oven 250° oven or until golden brown, about 1 hour. Stir frequently after first half-hour.

Turn out of trays and cool thoroughly. Store tightly sealed. Eat with fruit and milk or use as topping for cottage cheese, applesauce, yogurt.



Q: I would like to sprout some beans. How do I do it?
A: Try the following method. It's hard to miss with this one.

Equipment

Any glass, ceramic or plastic container with a lid works well. Your lid may be cheese cloth or nylon tied with an elastic or a plastic mesh brought from a hardware store.

Basic Method

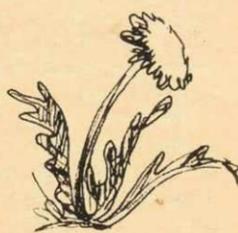
1. Select some seeds or beans. The most common ones are alfalfa mung, foenugreek, chick peas or what, or any seed. Mung are the easiest to sprout, Soybeans are tricky because they tend to mold.
2. Pour a few in the bottom of your container. Approximately 1 oz of seeds will equal 1 cup of sprouts. Over them with warm water. Let soak 6-8 hours or as much as 12 hours in cold water.
3. Drain the water off after soaking time (use in soups, etc.) Rinse the sprouts again by pouring water on and draining it off.
4. Continue to rinse your beans in this way 2-3 times a day for a few days. Keep in a warm place - covered. When husks float to the top you may skim off.
5. Harvest time is from 4-6 days. This depends on the type of beans or seed and growth conditions. Most sprouts at maturity (except mung) are 1-1 1/2 inches long.

Keep mature sprouts in a covered jar in the fridge and use often! They are delicious fresh in a salad or on a sandwich or cooked in soup and sprinkled on top of casserole.

Q: I need some advise on how to make yogurt. I don't know the first thing about it and I am afraid it won't turn out.
A: Why not give it a try anyway? It might not turn out the first time but eventually you will learn a technique that is best for you.

There are three basic steps in making yogurt. You have to heat the milk, culture it and incubate it until the yogurt is formed.

If you are making yogurt for the first time you will have to get a fresh, good quality starter. You can get this from a commercial yogurt maker, from a health food store, from a friend who makes yogurt or get a small amount of yogurt from fresh commercial yogurt. Be sure to use only plain, unflavored yogurt as a starter.



Equipment

A starter and a quart of milk.
Containers made of inert materials - glass jars, earthenware bowls, casserole dishes, ovenproof crockery. Lids are necessary. And can be, improvised from aluminum foil or parchment paper held on with rubber bands. A source of heat is necessary for incubation. The oven is very common although other techniques are often used.

Method

To make a quart of yogurt, measure a quart of milk into a very clean saucepan. Cover the pot and gradually bring the milk to a simmering point. Remove the milk from the heat and pour into scalded container. Allow the milk to cool for seven minutes. If the milk is too hot, it will kill the bacterial culture. After milk is cool, add the starter-a tablespoon of starter per quart of milk. Stir the culture into the milk. Cover the jars and place them in preheated oven.

Electric Oven-Turn the heat to 120° F. Allow oven to cool to 90° F. and while the yogurt incubates in the oven, try to keep the oven temperature between 90° and 105° F. If the temperature needs to be raised, turn the oven on briefly with the door slightly open but not disturb the jars.

The ideal temperature for incubating yogurt is between the range of 105-112 F. for several hours. You can control the degrees of tartness. The quicker the milk becomes a culture, the milder will be its taste. The longer it takes the more tart the yogurt will be.

Check incubated jars by tilting them slightly. If milk is still thin and runny, put it back in oven. If the milk has begun to thicken, even slightly, wipe dry and refrigerate them. The yogurt will thicken in the fridge and stores best between 35°F and 45°F. It will be ready to eat within 24 hours.

TO COOK BROWN RICE

- There are five basic rules for cooking brown rice:
1. Do not rinse rice before cooking unless the rice has been exposed to chemicals rinsing unnecessarily is nutritionally wasteful.
 2. The proper amount of liquid is very important for cooking rice. In cooking brown rice or any other whole grain (barley, buckwheat groats, millet, and bulgur) use twice as much liquid as grain. Vegetable juices, milk, meat stock or other liquids may be substituted for water.
 3. Bring the liquid to a rolling boil and add the rice gradually so that the liquid continues to boil. This procedure eliminates gumminess because the starch in the rice immediately cooks and doesn't get a chance to thicken the cooking liquid.
 4. When all the rice has been added, cover the pot tightly, cook over a low heat until all liquid is absorbed. This usually takes about 45 minutes.
 5. Do not rinse rice after it has been cooked or you will lose many nutrients.

Use long-grain rice for a side dish because it is more tender and will not get mushy when cooked.

For puddings and breads, use short and medium grained rice. The grains of these rices are moist and more sticky when cooked.

BULGUR, AND UNPEELED BARLEY

Cook the same as rice but these will take less time-about a half an hour.

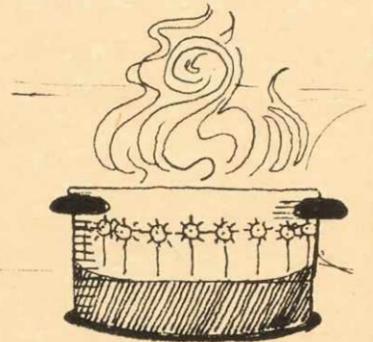
MILLET

Use two parts liquid to one part grain. It takes a half an hour to cook.

BUCKWHEAT GROATS

Buckwheat groats are tasty, nutritious and exceedingly soft.

Use two parts water to one part grain. Bring the liquid to a rolling boil. Trickle in the buckwheat groats. Cover the pot and turn off the heat. Allow groats to absorb all the liquid. In five minutes, the groats will be ready to eat.



COOKING SOYBEANS

Soybeans are quite bland and baked soybeans made with a zesty sauce can be delicious. Soybeans retain their crispness.

Rinse soybeans and then soak them in hot liquid for 1/2 hour. For each cup of beans, use 2 1/2 cups of hot liquid. After they are soaked and reconstituted, simmer them gently for 10 minutes. Drain, season and serve them.

An excellent book for a wide range of information of food ranging from the description and cooking methods of obscure vegetable to the making of sauerkraut and sourdough buy Beatrice Trum Hunter's **Favorite Natural Foods**. Besides having invaluable information, it also contains some excellent recipes employing the food about which she writes.

Part IV Other basic information

If you buy whole or skim milk powder, this is the recommended way of mixing it.

Blender In a blender, put 40 oz of warm water. Add 1 cup of milk powder while the blender is in motion. (more to taste).

Hand-Make a past with milk powder and water, gradually adding the milk powder to a minimum amount of water and mixing well. 1 cup of milk powder to 1 quart of milk, or to taste.

WHEAT GERM

If you buy wheat germ and are planning on storing it for more than a week, store it in a plastic bag in the fridge. The wheat germ has a lot of oil in it and if the oil mixes with the air it will oxidize and become rancid. If you eat rancid foods, your body has to use up Vitamin B.

BREWER'S YEAST

Brewer's yeast, an excellent source of **vitamin B** is a by product of beer. The sediment at the bottom of a tank of fermented beer is removed and dried and this is brewer's yeast. The yeast is inactive but contains the nutrients of the grain used to make beer.

Nutritional Yeast--this yeast is not a by-product of beer and has the nutritional quality of Brewer's Yeast. Two common types are Engevita and torula.

SPICES, HERBS AND TEAS

The beans Sprout has a large and varied collection of herbs, teas and spices from which to chose. Many **herbs** are medicinal such as those mentioned below.

Foenugreek-soothes mucus membranes. It is very good for nursing mothers since it makes more and richer milk. It is also good for heavy mucous during a cold.

Fennel seeds-are eaten after a spicy, hot meal. They remove the hot breath and give the mouth a refreshed sensation. **Chia**-is meant to be eaten as it is and is good for giving energy. **Flax**-is prescribed as a laxative and is administered as a thick tea.