

HEALTHFUL, INEXPENSIVE STAPLES

Fankhausers' suggestions for Sources in Cincinnati

5 Nov '89, rvsd 6 Nov '95, 19 Sept '97, 11 Sept 00, 24 Sept 02, 4Sept09

FOR BROWN RICE (etc): Kroger's carries it, but you must be sure of its freshness.

Susan's Natural World 474-4990 8315 Beechmont Ave	Saigon Food Market 721-8053 119 W. Elder (South side of Findlay Market)	Clifton Natural Foods 961-6111 169 McMillan	Whole Foods (513) 531-8015 2693 Edmondson Rd
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TO COOK BROWN RICE: In pot with tight fitting lid:

- 1 cup brown rice
- 2 cups water
- ½ (to 1) teaspoon salt (according to taste)

Bring to boil, cover, simmer for 45 minutes, undisturbed.

FOR WHOLE WHEAT FLOUR AND OTHER FLOURS IN BULK:

Nagel's Mill (also called Brighton Mills), 2641 Spring Grove Ave., [They may have stopped carrying it...] 681-3175 (call first to confirm that they are open, and have whole wheat flour in stock). They are primarily wholesale, but will sell large bags of stone-ground whole wheat flour to retail customers.

FANKHAUSER'S POPCORN SEASONING:

- 4 Tbl Brewer's Yeast
- 2 Tbl Powdered Kelp
- 1 Tbl Salt

Mix thoroughly (If yeast is in flakes, use a blender).
Store in tightly sealed jar.

Pop 1 cup corn to make 1 gallon of popped corn over *very* hot fire
Coat with 2 Tbl 1:1 butter/oil mix (needed to make the seasoning stick)
Dust with 1 Tbl Seasoning (The dark speckled ones are the tastiest.)

FOR NUTRITIONAL (OR BREWER'S) YEAST AND KELP IN BULK:

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READING ON COMPLIMENTARY PROTEIN:

Lappé, *Diet for a Small Planet*, 10th Aniv. Ed, (1982): p. 172-182.

Please pay special attention to these charts:

- 175: Defining "limiting Amino Acid", and "Net Protein Utilization"
- 176: Net Protein Utilization Chart
- 179: Demonstrating Protein Complimentarity
- 181: Protein complimentation Chart

Food analysis of yeast versus several foods: (From USDA Composition of Foods)

food:	% protein	% fat	% carbo	mg Ca	mg phosphorus	mg potassium	mg thiamine	mg riboflavin	mg niacin
yeast	37.0	1.0	38.4	210	1753	1894	15.6	4.28	37.9
beef, cooked	26.0	23.9	0.0	11	140	370	0.05	0.20	4.0
whole wheat bread	9.1	3.1	58.7	100	302	305	0.29	0.12	3.3
red beans cooked	7.8	0.6	21.2	144	148	416	0.14	0.07	0.7
brown rice	7.5	1.9	77.4	32	221	214	0.34	0.05	4.7
white rice	6.7	0.4	80.4	24	94	92	0.07	0.03	1.6
white rice, enriched	6.7	0.4	80.4	24	94	92	0.44	~1.2	~16