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

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 FLOOURS 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 (Ingredients available at Jungle Jim’s):

4 Tbl Brewer’s Yeast (also called nutritional 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 (call first to be sure they have them):

Susan's Natural World  474-4990
8315 Beechmont Ave

Clifton Natural Foods  961-6111
169 W. McMillan

Whole Foods  (513) 531-8015
2693 Edmondson Rd

READING ON COMPLIMENTARY PROTEIN:

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)

<table>
<thead>
<tr>
<th>food</th>
<th>% protein</th>
<th>% fat</th>
<th>% carbo</th>
<th>mg Ca</th>
<th>mg phosphorus</th>
<th>mg potassium</th>
<th>mg thiamine</th>
<th>mg riboflavin</th>
<th>mg niacin</th>
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<tbody>
<tr>
<td>yeast</td>
<td>37.0</td>
<td>1.0</td>
<td>38.4</td>
<td>210</td>
<td>1753</td>
<td>1894</td>
<td>15.6</td>
<td>4.28</td>
<td>37.9</td>
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<td>beef, cooked</td>
<td>26.0</td>
<td>23.9</td>
<td>0.0</td>
<td>11</td>
<td>140</td>
<td>370</td>
<td>0.05</td>
<td>0.20</td>
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<td>3.1</td>
<td>58.7</td>
<td>100</td>
<td>302</td>
<td>305</td>
<td>0.29</td>
<td>0.12</td>
<td>3.3</td>
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<tr>
<td>red beans cooked</td>
<td>7.8</td>
<td>0.6</td>
<td>21.2</td>
<td>144</td>
<td>148</td>
<td>416</td>
<td>0.14</td>
<td>0.07</td>
<td>0.7</td>
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<td>1.9</td>
<td>77.4</td>
<td>32</td>
<td>221</td>
<td>214</td>
<td>0.34</td>
<td>0.05</td>
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<tr>
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<td>0.4</td>
<td>80.4</td>
<td>24</td>
<td>94</td>
<td>92</td>
<td>0.07</td>
<td>0.03</td>
<td>1.6</td>
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<tr>
<td>white rice, enriched</td>
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<td>0.4</td>
<td>80.4</td>
<td>24</td>
<td>94</td>
<td>92</td>
<td>0.44 ~1.2</td>
<td>16</td>
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