



# NATURAL FOOD AND FARMING

OFFICIAL PUBLICATION OF

NATURAL FOOD ASSOCIATES, INC.

VOL. 1, NO. 12

MARCH, 1955

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Natural Food and Farming is a monthly publication, owned and published by Natural Food Associates.

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\$4.00 per year

Which includes Natural Food and Farming

Address editorial material to Natural Food Associates, Atlanta, Texas.

Advertising Office, Jonica Farms, Atlanta, Texas, Thomas Lavin, Executive Secretary.

Rates On Request.

Natural Food and Farming magazine is the official publication of the Natural Food Associates, a non-profit organization. Published monthly at National NFA office, Atlanta, Texas.

## Sesame Seed— An Important Food

By ROYAL LEE, D.D.S.

Sesame seed has a composition much like the almond, but at a much lower price. It is mainly protein and oil, with very little carbohydrate. The protein is high in Methionine, an important essential amino acid not easily obtained from most proteins. Methionine-deficient victims develop liver cirrhosis, a common disease of alcoholics, once considered incurable, but today treated with methionine very successfully.

Sesame seed ground into a butter like peanut butter is used in some countries.—Turkey in particular—like our dairy butter is here, and is used in almost every food in some degree. It makes first-class salad dressing when mixed with vinegar and prepared mustard. With honey and milk powder a very tasty cream candy can be made. (It can be put into a pan and hardened by drying it out in the ice box for a few days.) As such it can be used as the base for a nut candy, nuts put in, in any proportion. Such a candy is a true health food, it contains all the food protein factors in good proportions—fats, protein and carbohydrate. In Roman times the emergency ration for soldiers was candy made from sesame seed and honey.

A very tasty and nutritious ice cream can be made from sesame butter, honey and milk powder.

The sesame seed can be used for these purposes instead of the sesame butter if the seed is liquefied with the honey in a blender or Osterizer.

Sesame butter is an ideal shorten-

ing for bread and cookies. In bread it can be used as 10 per cent of the flour, in place of dairy butter or other fat. Since the sesame butter is one-half oil, twice as much should be used as other fats.

In pie crust it adds a nutty flavor. In waffles and pancakes 10 per cent again adds flavor and health-building protein. Doughnuts too, are much improved by the 10 per cent addition. The tops, of course, in pancakes, waffles, muffins or doughnuts is freshly ground Deaf Smith County, Texas, Wheat Flour with 10 per cent sesame.

When we use an unrefined fat like sesame butter we get very important vitamins and phospholipids (lecithin is one phospholipid) that have been lost in processing of all refined oils and hydrogenated fats. These factors are necessary to metabolize cholesterol. High blood pressure is considered one consequence of such deficiency, and it is known that cholesterol in excess predisposes to cancer (in test animals at least).

Our sense of taste is our basic guide to good food, so why not experiment a little with sesame seed. You will enjoy its flavor, and its continued use may protect you against unsuspected hazards. Most of us tend to overdo on carbohydrates. Sesame is one high protein source that adds greatly to the flavor of all common high carbohydrate foods, as well as balancing the carbohydrate with its protein and unrefined fat.

## Facts About Sauerkraut And How to Make It

BY ROYAL LEE, D.D.S.

Sauerkraut once was dispensed in stores from the barrel as a raw food. Now that it is only available as a cooked, canned product its value as a food is mainly lost. Cooked cabbage in any form is a food to avoid, because persons with colitis or intestinal trouble cannot tolerate it.

Sauerkraut is made by packing shredded cabbage into stone jars, then adding two per cent of the cabbage weight in salt. It must be tamped

down with a wood potato masher until the juice rises above the cabbage, after which an inverted plate is put on top with enough weight on it to keep the cabbage shreds immersed. Cabbage that is too low in juice to get this result must be given added water, plus the two per cent salt. The salt content is not important as to the effect on the fermentation, but it is important to proper flavor. Most sauerkraut is, in fact, salted too much.

Fermentation of the cabbage takes place best at 60 to 65 degrees F. If necessary, immerse the stone jar in a tub of cold water that is replaced

daily. This temperature control is essential to the best quality and to prevent undesirable types of mold and yeasts from growing. A cloth must be used under the plate to cover the cabbage, and this should be removed and washed at intervals to eliminate mold that would otherwise penetrate the cabbage. Two weeks time is usually required to complete the fermentation.

Sauerkraut juice, by the way, is a tasty drink, properly made. Half sauerkraut juice with half tomato juice is very good, too.

N. F. A. Reprint 1-12-9

Reprint 380

LEE FOUNDATION FOR NUTRITIONAL RESEARCH

Milwaukee 3, Wisconsin

Price: .05¢ each

Quantity Price Schedule

.04¢ each - quantity 100  
.03¢ each - quantity 500  
.02¢ each - quantity 1000