

BUYING WHOLE FOODS...

1. The Food Mill
3033 MacArthur
Oakland, Calif.
Phone: 261-3848

The Food Mill has the widest selection of inexpensive whole foods in the Bay Area. Turn off MacArthur Freeway 580 at 35th Ave. going south or at the MacArthur exit going north.
2. New Age Natural Foods
1326 Ninth Ave.
San Francisco, Calif. 94122
Phone: 564-2144

San Francisco's largest natural foods store. Also doing much educational work with food.
3. Calif. Direct Importing Co.
2651 Mission
San Francisco, Calif.
Phone: 824-5676

Also called "Oh's". This is a small place with low prices on many natural foods and fine vibrations.
4. Chico-san
P.O. Box 1004
Chico, Calif.
Phone: (916) 342-6770
(Also Lassen Foods, 174 E. 8th Ave, Chico: 342-0807)

They are now distributing their own foods under the trade name "Spiral Foods" at prices 20% less than when they paid a middle man. Best source of miso and tamari in bulk. Doing good work.
5. K. Uoki Sakai Grocery
1656 Post St.
San Francisco, Calif.
Phone: 921-0514

The best source of Japanese foods and Koda Brothers rice in S.F.
6. Soko Hardware
1698 Post St.
San Francisco, Calif. 94115
Phone: 931-5510

A good source of Japanese cooking utensils: wok, suribachi, chopsticks, vegetable knives, bowls, wooden spoons and spatulas etc.
7. The General Store
5th and Junipero
Carmel, Calif.
Phone: (415) 624-2233

A little store with the feeling of an old-time general store. Friendly people and good variety

... and BOOKS TO READ

1. Cooking Good Food
by Order of the Universe Pub.
Box 203 Prudential Center Sta.
Boston, Mass. 02199 \$1.50
(They publish the periodical "Order of the Universe.")

Written by Michio Kushi, a simple concise source of the basic macrobiotic ideas adapted to the American way. Excellent! A great help in writing the Tassajara Food trip.
2. Zen Macrobiotic Cooking
by Michel Abehsera

Many good, simple recipes. Readable and more flexible than Ohsawa.
3. The Essene Gospel of John
by Edmond Szekely

Jesus' food trip and hatha yoga

3. Zen Cookery
by The Ohsawa Foundation
1434 N. Curson Ave.
Los Angeles, Calif. \$3.00
A book of Macrobiotic recipes (296) all simple and good. Little theory. (Use $\frac{1}{2}$ the amount of salt called for in the recipes)
4. Biological Transmutation
by C. Louis Kervran
(Available from the Ohsawa Foundation \$1.50)
A potentially revolutionary book by an eminent French biologist showing how the body can transmute one element into another.
5. Zen Macrobiotics: The philosophy of Oriental Medicine
Vol. I by Georges Ohsawa
The basic book of Macrobiotic theory. \$4.50
6. International Vegetarian Cookery by Sonya Richmond
Especially good on soups and entrees.
7. The Natural Foods Cookbook
by Beatrice Hunter
8. El Molino Best Recipes
from 360 W. Valley Blvd
Alhambra, Calif. 91803
El Molino Mills \$1.00
Good tables on the constituents of grains and beans, information on flours and stone grinding, many good recipes.

APOLOGY

"Be content with two or three sorts of food, which you will always find upon the table of our Earthly Mother. And desire not to devour all things which you see round about you. For I tell you truly, if you mix together all sorts of food in your body, then the peace of your body will cease, and endless war will rage in you."

from The Essene Gospel of John

"O you monks who are in this mountain monastery, remember that you are gathered here for the sake of religion and not for the sake of clothes and food. As long as you have shoulders (the body), you will have clothes to wear, and as long as you have a mouth, you will have food to eat. Be ever mindful throughout the twelve hours of the day to apply yourselves to the study of the Unthinkable. Time passes like an arrow. Never let your minds be disturbed by worldly cares. Ever, ever be on the look-out... Let there be just one individual, who may be living in the wilderness in a hut thatched with one bundle of straw and passing his days by eating the roots of wild herbs cooked in a pot with broken legs; if he single-mindedly applies himself to the study of his own spiritual affairs, he is the very one who has a daily interview with me and knows how to be grateful for his life."

from Daito Kokushi's Admonition

"Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?"

Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not better than they? ...

For your heavenly Father knoweth that ye have need of all these things.

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Take no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof."

Matthew VI. 25-34
Sermon on the Mount

"It seems to me that everyone is born with his share of clothing and food. Seeking for food does not make it appear. Abandoning the search does not make it disappear.

Remember that even laymen leave such matters in the hands of providence while they strive for the virtues of loyalty and piety. How much less should monks who have left the world be concerned with such external matters. The Buddha prescribes their fortunes and heavens provide their food and clothing. However, everyone has his own share of life. Without seeking for it or thinking about it, this allotted share comes from the natural course of things. Suppose you run after more and pile up great treasures. What will you do with them when evanescence pays you a visit? Therefore the student should drive all thought of such external matters from his mind and devote himself single-mindedly to the pursuit of Truth.

Yet some say that the propagation of Buddhism in these later degenerate days on this remote island would be facilitated if a secure and peaceful abode were prepared where monks could practice the teaching of Buddha without any worries over food, clothing and the like. To me this seems wrong. Such a place would only attract men who are selfish and worldly, and among them could be found no one at all with a sincere religious intention. If we give ourselves over to the comforts of life and the enjoyment of material pleasures, and even though hundreds of thousands were induced to come here, it would be worse than having no one here at all. It would acquire only a propensity for evil and not a disposition for the practice of Buddha's Law.

If, on the contrary, you live in spotless poverty and destitution and go begging for your food, or live on the fruits of the field pursuing your study of truth while suffering real deprivation, and if even one man hears of your example and comes to study with you out of genuine devotion to the Truth, it will be a real gain for Buddhism. If, however, you feel that spotless poverty and destitution will discourage people, and consequently provide an abundance of food and clothing, a great many may come but they will have no real interest in Buddhism. In the former case you will obtain eight ounces of gold; and in the latter, half a pound of tinsel.

from Shobogenzo Zuimonki by Dogen Zenji

STAPLE FOODS USED IN THIS COOKBOOK
(No fresh fruits, vegetables, or dairy products)

These foods are beautiful to look at! Build open shelves in your kitchen out of boards and bricks. Get gallon jars from restaurants, fraternities, etc., paint the tops, label each and fill with grains, flours, nuts, noodles, beans, seeds, and dried fruits. Use large containers for brown rice and whole wheat flour.

GRAINS, FLOURS AND NOODLES

barley flour and groats*
buckwheat flour and groats*
buckwheat noodles (soba)
corn, dried
corn meal
gluten flour
millet meal
oat groats
oats, rolled
rye flour, meal and groats
rice cream and bran (nuka)
rice, brown (short grain)
rice, sweet brown
rice, sweet white
wheat berries and bran
wheat, bulghur (pilaf)
wheat, cracked
wheat flour, unbleached white
wheat flour, whole
wheat germ
wheat noodles (udon)

BEANS AND PEAS

azuki beans
black beans
carob (bean) flour
garbanzo beans
lentils
mung beans
navy beans (small white beans)
pinto beans
soy beans and grits
soy flour
split peas

SEEDS, NUTS, AND DRIED FRUITS

alfalfa seeds
almonds
coconut, dried shredded
dates
hazlenuts
peanuts and peanut butter
poppy seeds
raisins
sesame seeds
sesame butter (tahini)
sunflower seeds
walnuts

OILS

corn oil soy oil
olive oil
sesame oil, light and dark

SEA VEGETABLES (dried)

hijiki nori
kombu wakame

SEASONINGS

allspice
bay leaf
caraway seed
cardamom
cinnamon
cloves, dried and powdered
cumin seeds
dill
garlic, fresh and dried-powdered
ginger, fresh and dried-powdered
mace
mint, fresh and dried
mustard, dried-powdered
nutmeg, whole and dried-powdered
orange rind, powdered
oregano, fresh and dried-powdered
parmesan
pepper
rosemary
rum extract
thyme
vanilla, extract and powdered

OTHER

arrowroot
bancha twig tea
chicory
cider
corn starch
daikon, dried
honey
kuzu
lotus root, dried
milk, canned and dried
miso
mu tea
sea salt
tamari (soy sauce)
umeboshi salt plum
vinegar

*Groats: Whole, hulled grains
or "berries"

GLOSSARY

azuki beans	#5	p. 13
bancha twig tea	#121	49
bran		8
brown rice	#1	10
bulghur	#16	15
burdock	#59	29
carob	#42	24
chapati	#52	28
corona hand mill		22
cracked wheat	#18	16
daikon	#60	30
germ		9
gobo	#59	29
gomasio	#2	11
gluten flour	#43	24
groats		61
gruel	#37	21
hijiki		34
kasha		17
kombu		35
kuzu	#123	49
miso		35
muso	#74	33
mu tea	#124	49
navy bean	#110	44
nituke		28
nori		34
nuka		46
pilaf	#16	15
sea salt	#2	11
soba	#27	19
soup stock		41
soy beans		35
suribachi	#2	11
sweet brown rice	#5	13
sweet white rice	#20	16
syo-ban	#122	49
tahini	#74	33
tamari		36
tawashi		28
tempura	#75	33
tofu		36
udon	#27	19
umeboshi		46
ume-syo-kuzu	#125	50
wakame		35
wok	#65	31

"So-called rice gruel (kayu) ought to be called honorable gruel (o-kayu), or you may call it morning gruel, but just gruel, never... You should say 'Honorably prepare some honorable broth,' but 'Prepare broth,' never. The honorable offerings and the honorable gruel ought to be said to be most honorably taken... Prepare offerings of steamed and grueled rice, revering them with the use of utmost politeness and supremely august wordings."

from Shobogenzo by Dogen Zenji
Letters to the Kitchen